



AMERICA'S  
SLEEP COMPANY™

## Snooze e-News!

June 19, 2006

### News about the Snooze!

This email contains links to articles related to sleep disorders from various websites from the past. For more information on the articles click on the links provided. Please note: News websites may withdraw their articles at any time and archive it on their site.

#### **Sleepy Fruit Flies Provide Clues to Learning and Memory**

Researchers at the **University of Pennsylvania School of Medicine** have discovered that a brain region previously known for its role in learning and memory also serves as the location of sleep regulation in fruit flies. Through further examination of this brain structure, researchers hope to shed light on sleep regulation and its role in memory.

Sehgal was able to selectively turn on PKA activity in a variety of brain locations, which promoted PKA expression in designated regions. Of the different regions targeted, only two regions, both present in the adult mushroom bodies, led to changes in sleeping patterns of fruit flies. The fly mushroom body has been likened to the human hippocampus. The changes in sleep caused by the increased PKA activity in the adult mushroom bodies highlighted this region as the sleep-regulating region of the fruit fly brain.

Identifying the role of adult mushroom bodies in sleep may offer insight into how and why sleep is needed to assist in learning and memory consolidation. In mammals, sleep deprivation suppresses the performance of learned tasks, and sleep permits memory consolidation. Distinct anatomical regions of adult mushroom bodies have been shown to be important for at least some forms of memory in fruit flies. [http://www.uphs.upenn.edu/news/News\\_Releases/jun06/sleepreg.htm](http://www.uphs.upenn.edu/news/News_Releases/jun06/sleepreg.htm)

#### **Menopausal Women Don't Get Enough Guidance On Treatment Options, Stanford Survey Shows**

Few women are consulting their doctors before opting to use herbal therapies and soy products to treat their menopausal symptoms, researchers at the Stanford University School of Medicine have found. The study appears in the May/June issue of The Journal of the North American Menopause Society.

The trend is of particular note because growing numbers of women are turning to alternative therapies to relieve such symptoms as hot flashes, headaches, mood swings and sleep disruptions because of concerns about health risks associated with hormone therapy, which is still considered the most effective way of treating such difficulties. The researchers recommend that physicians learn more about these products so that they can help their patients choose safe, effective methods of treating their symptoms. <http://www.medicalnewstoday.com/medicalnews.php?newsid=45362#>

#### **ROZEREM(TM) (ramelteon) Shown to Be Effective in a First-Night-Effect Model of Transient Insomnia With No Evidence of Next-Day Residual Effects**

Data presented at the SLEEP 2006 20th Anniversary Meeting of the Associated Professional Sleep Societies have shown that ROZEREM™ (ramelteon) reduced time to fall asleep with no evidence of next-day residual effects, including psychomotor and memory effects, in a first-night-effect model of transient insomnia. The results of this double-blind, randomized study were presented as a poster presentation.

[http://www.marketwire.com/mw/release\\_html\\_b1?release\\_id=136235](http://www.marketwire.com/mw/release_html_b1?release_id=136235)

#### **Majority of Shift Workers' Caloric Intake Comes From Snacks When Sleep Deprived: Study**

The sleep schedule of shift workers is such that they need to sleep during the daytime hours. Those shift workers who experience sleep deprivation are more likely to base their caloric intake from snacks rather than meals, according to a research abstract that will be presented at the 20th anniversary SLEEP meeting of the Associated Professional Sleep Societies (APSS) at Salt Lake City's Salt Palace Convention Center from June 17-22.

<http://www.usnewswire.com/>

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