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Snooze e-News!

June 26, 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.

Sleep Disorder Patient Education Videos for Sale

A new series of patient education mini DVDs are for sale. These five to seven minute videos help inform patients and physicians about the mechanics and symptoms of sleep disorders. These make an excellent marketing tool. The two mini DVDs available for sale 1) OSA/Restless Legs and Periodic Limb Movements and 2) OSA in Children and Parasomnias. Each mini DVD is \$3.50, large qty orders over 1,000 are \$3.00 each. Please call Tammany Buckwalter for a sample 410-760-6990 ext. 251 or tbuckwalter@sleepservices.net

REM Sleep Behavior Disorder Found to be Precursor of Brain-Degenerating Diseases

Mayo Clinic sleep medicine specialists have found that almost two-thirds of patients with REM sleep behavior disorder (RBD) develop degenerative brain diseases by approximately 11 years after diagnosis of RBD.

"This study found RBD most frequently led to neurodegenerative diseases called the synucleinopathies: Parkinson's disease or dementia with Lewy bodies," says Maja Tippmann-Peikert, M.D., Mayo Clinic sleep medicine specialist, neurologist and the study's lead researcher. "From our findings, I would consider those with RBD at increased risk for these diseases."

<http://www.newswise.com/articles/view/521331/>

Improvement in Fibromyalgia Symptoms With Acupuncture: Results of a Randomized Controlled Trial

OBJECTIVE: To test the hypothesis that acupuncture improves symptoms of fibromyalgia.

RESULTS: Fifty patients participated in the study: 25 in the acupuncture group and 25 in the control group. Total fibromyalgia symptoms, as measured by the FIQ, were significantly improved in the acupuncture group compared with the control group during the study period ($P=.01$). The largest difference in mean FIQ total scores was observed at 1 month (42.2 vs 34.8 in the control and acupuncture groups, respectively; $P=.007$). Fatigue and anxiety were the most significantly improved symptoms during the follow up period. However, activity and physical function levels did not change. Acupuncture was well tolerated, with minimal adverse effects.

CONCLUSION: This study paradigm allows for controlled and blinded clinical trials of acupuncture. We found that acupuncture significantly improved symptoms of fibromyalgia. Symptomatic improvement was not restricted to pain relief and was most significant for fatigue and anxiety.

<http://www.mayoclinicproceedings.com/Abstract.asp?AID=3113&Abst=Abstract&UID>

Impotence common in men with sleep apnea

Men with breathing problems during [sleep](#) may commonly suffer from [erectile dysfunction](#) (ED) as well, a small study suggests. Researchers found that of 30 men with the breathing disorder sleep apnea, 24 (80 percent) also had symptoms of ED. But researchers have also speculated that sleep apnea could contribute to ED, according to the authors of the new study, led by Dr. John P. Mulhall of the Weill Medical College of Cornell University in New York, and published in the journal *Urology*. For one, it's thought that the erections men naturally have during deep REM sleep help preserve normal erectile function. Men with sleep apnea, however, have continuous sleep interruptions and spend less time in the REM stages.

<http://www.topix.net/content/reuters/3380722871056391104334417217533594898668>

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