



Snooze e-News!

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Doctors Not Drowsy When Treating Women's Sleep Issues

A new survey confirms that pulmonary/critical care physicians are knowledgeable about women's sleep issues and are actively managing their patients' sleep problems. The survey, issued by the American College of Chest Physicians Sleep Institute (ACCP-SI), found that most pulmonary/critical care physicians are well informed about the sleep patterns of their female patients and are advising appropriate therapies to manage their patients' sleep problems. <http://www.medicalnewstoday.com/medicalnews.php?newsid=64969>

NSF's 2007 *Sleep in America* Poll: For American Women, Sleep Comes Last

As a result, only 39% of the 1003 randomly sampled adult women 18-65 could say that they "get a good night's sleep every night or almost every night." Additionally, the 2007 NSF *Sleep in America* poll found that chronic sleepiness may impact women's sex lives, relationships, mood and health. According to the poll:

- 31% of women snore
- 29% of women use some type of sleep aid to help them sleep
- 19% of women experience symptoms of restless leg syndrome

Learn more about the results of the poll at : http://www.sleepfoundation.org/atf/cf/%7BF6BF2668-A1B4-4FE8-8D1A-A5D39340D9CB%7D/Summary_of_Findings%20-%20FINAL.pdf

Individual Differences In A Clock Gene Predict Decline Of Performance During Sleep Deprivation

Researchers have now found that a genetic difference in a so-called clock gene, PERIOD3, makes some people particularly sensitive to the effects of sleep deprivation. There are two variants of the PERIOD3 gene found in the human population, encoding either long or short versions of the corresponding protein. Each individual will possess two copies of the gene, either of which might be the long or short form. In the new work, a multidisciplinary research team consisting of biological scientists and psychologists compared how individuals possessing only the longer gene variant and those possessing only the shorter one coped with being kept awake for two days, including the intervening night. The results were most pronounced during the early hours of the morning (between 4 and 8 a.m.), during which individuals with the longer variant of the gene performed very poorly on tests for attention and working memory. <http://www.medicalnewstoday.com/medicalnews.php?newsid=64874>

Chronic Intermittent Hypoxia Induces Atherosclerosis

Obstructive sleep apnea, a condition leading to chronic intermittent hypoxia, is associated with hyperlipidemia, atherosclerosis, and a high cardiovascular risk. A causal link between obstructive sleep apnea and atherosclerosis has not been established. In this study, nine out of ten mice simultaneously exposed to chronic intermittent hypoxia and high cholesterol diet developed atherosclerotic lesions in the aortic origin and descending aorta. In contrast, atherosclerosis was not observed in mice exposed to intermittent air and high cholesterol diet or in mice exposed to chronic intermittent hypoxia and regular diet. High cholesterol diet resulted in significant increases in serum total and LDL cholesterol levels and a decrease in HDL cholesterol. Comparing to mice exposed to intermittent air and high cholesterol diet, combined exposure to chronic intermittent hypoxia and high cholesterol diet resulted in marked progression of dyslipidemia with further increases in serum total cholesterol and LDL cholesterol (124 ± 4 mg/dl vs. 106 ± 6 mg/dl, $p < 0.05$), a 2-fold increase in serum lipid peroxidation, and up-regulation of an important hepatic enzyme of lipoprotein secretion, stearoyl coenzyme A desaturase 1. Conclusions: CIH causes atherosclerosis in the presence of diet-induced dyslipidemia. [http://ajrcem.atsjournals.org/cgi/content/abstract/200612-1771OCv1?maxto-](http://ajrcem.atsjournals.org/cgi/content/abstract/200612-1771OCv1?maxto-show=&HITS=10&hits=10&RESULTFORMAT=&fulltext=sleep+disorders&searchid=1&FIRSTINDEX=0&fdate=3/1/2007&resourcetype=HWCIT)

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