



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

News about the Snooze!

May 1, 2006

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.

ACADIA Pharmaceuticals Announces Positive Clinical Trial Results Demonstrating That ACP-103 Increases Slow Wave Sleep

Results of the study demonstrated that ACP-103 induced a robust and statistically significant increase in slow wave sleep that was dose-related. Sleep maintenance insomnia (SMI) is the inability to stay asleep or to resume sleep after waking and is a major unmet medical need. Deep, or slow wave, sleep decreases with age, which leads to superficial sleep and difficulty staying asleep. There is also an increased incidence of SMI in medical, neurological and psychiatric conditions. Patients with SMI complain of frequent awakenings and difficulty staying asleep after falling asleep. Patients with these symptoms also frequently report impairments of daytime functioning. Most available sleep agents are sedatives that are ineffective in treating the symptoms of SMI. The mechanism of action of ACP-103, as a 5-HT_{2A} inverse agonist, provides the opportunity to effectively treat the symptoms of SMI without causing sedation. <http://www.pnewswire.com/cgi-bin/stories.pl?ACCT=104&STORY=/www/story/03-23-2006/0004326110&EDATE=>

AASM Educational Slide Presentation on Recognizing Sleep Disorders: Sleep Related Breathing Disorders Can Be Viewed On-Line This slide set will help primary care physicians identify obstructive sleep apnea in patients and determine the best referral and treatment options. It provides a comprehensive overview of the signs and symptoms of obstructive sleep apnea, the relevant findings achieved by polysomnography, and the recommended treatments for the varying severity levels of sleep apnea. Three detailed case studies will take you all the way from the patient's initial presentation of complaint to the final treatment plan. This side set includes one category 1 CME credit. [View the slide presentation](http://www.aasmnet.org/LearningCenter/)
<http://www.aasmnet.org/LearningCenter/>

Link Between Anxiety and Insomnia in the Older Person

Sleep disturbances are very common in the context of psychological distress.^{1,2} Studies of individuals with insomnia have found rates of comorbid psychiatric disorders as high as 62%.³ A substantial amount of research has been conducted investigating insomnia in the context of depression in later life, but relatively little research has been conducted investigating sleep disturbances in the context of anxiety symptoms experienced by the elderly. This article describes current knowledge concerning the link between anxiety and insomnia in older adults. <http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&refid=2&id=91630927A614FC59852570CE0053FB7F&c=&newsid=852571020057CCF6852571450060237B&u=http://www.hmpcommunications.com/cg/displayArticle.cfm?articleID=article5485&ref=/news/content.nsf/SearchResults?openform&Query=older%20person&so=date&id=91630927A614FC59852570CE0053FB7F>

Relief of upper airway obstruction with mandibular distraction surgery: Long-term quantitative results in young children **Abstract:** OBJECTIVE: To evaluate the long-term benefits of mandibular distraction on sleep-related upper airway obstruction in young children with mandibular hypoplasia. CONCLUSIONS: Most children who undergo mandibular distraction for upper airway obstruction associated with mandibular hypoplasia demonstrate significant clinical improvement of obstructive sleep apnea. However, those children who continue to have symptoms of sleep-disordered breathing after surgery should undergo polysomnography for evaluation of persistent obstructive sleep apnea. http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&refid=2&id=91630927A614FC59852570CE0053FB7F&c=&newsid=852571020057CCF685257156002B6AD7&u=http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list_uids=16618914&ref=/news/content.nsf/SearchResults?openform&Query=sleep%20apnea&so=date&id=91630927A614FC59852570CE0053FB7F

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