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SLEEP COMPANY™

## Snooze e-News!

May 29, 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.

#### Less Sleep Linked to Weight Gain

Women who sleep 5 hours or less per night weigh more on average than those who sleep 7 hours, according to a study to be presented at the American Thoracic Society International Conference on May 23rd.

The study found that women who slept for 5 hours per night were 32% more likely to experience major weight gain (defined as an increase of 33 pounds or more) and 15% more likely to become obese over the course of the 16-year study compared with women who slept 7 hours. Women who slept for 6 hours were 12% more likely to have major weight gain and 6% more likely to become obese compared with women who slept 7 hours a night.

The study included 68,183 middle-aged women who were enrolled in the Nurses Health Study. They were asked in 1986 about their typical night's sleep, and were then asked to report their weight every 2 years for 16 years.

On average, women who slept 5 hours or less per night weighed 5.4 pounds more at the beginning of the study than those sleeping 7 hours and gained an additional 1.6 pounds more over the next 10 years.

<http://www.newswise.com/articles/view/520541/?sc=dwhn>

#### The effect of sibutramine-assisted weight loss in men with obstructive sleep apnoea.

**Objective:** Obstructive sleep apnoea (OSA) occurs frequently in obese patients and may be reversible with weight loss. Obstructive sleep apnoea and obesity are both independent risk factors for hypertension and increased sympathetic activity. Sibutramine has been increasingly used in the management of obesity, but is relatively contraindicated in patients with hypertension. No studies have investigated the effect of sibutramine on OSA, blood pressure and heart rate. We aimed to assess the changes in OSA and cardiovascular parameters in obese men with OSA enrolled in a sibutramine-assisted weight loss programme (SIB-WL). **Conclusion:** Moderate (approximately 10%) weight loss with SIB-WL results in improvement in OSA severity without increase in blood pressure in closely monitored OSA subjects. International Journal of Obesity advance online publication, 2 May 2006; doi:10.1038/sj.ijo.0803363.

[http://www.docguide.com/news/content.nsf/PaperFrameSet?](http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&newsid=852571020057CCF6852571640028CDB7&topabstract=1&u=http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list_uids=16652122)

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#### Breathing Masks Decrease Blood Pressure in People with Sleep Apnea

The researchers studied 46 patients with moderate to severe sleep apnea. They were randomly assigned to receive either CPAP treatment, fake CPAP or supplemental nighttime oxygen through a face mask. All patients were hooked up to a 24-hour ambulatory blood pressure monitor, which consists of a small machine strapped to the patient's torso that attaches to an arm cuff. The cuff automatically inflates and deflates to measure patients' blood pressure.

After two weeks, patients who received the real CPAP treatment had significant reductions in blood pressure during the day and night. Nighttime oxygen therapy did not affect blood pressure. "There has been some controversy over how sleep apnea causes elevated blood pressure," Dr. Norman said. "Doctors don't know if it is due to drops in oxygen levels or arousals from sleep. Our study indicated that correcting drops in oxygen levels alone may not be enough to reduce blood pressure."

The National Heart, Lung, and Blood Institute estimates that 18 million Americans have sleep apnea. Men are more susceptible than women. <http://www.newswise.com/p/articles/view/520539/>

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