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Snooze e-News!

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News about the Snooze! This email contains links to articles related to sleep disorders from various websites. Please note, news websites may withdraw their articles at any time and archive it on their site. **To learn more about sleep disorders, visit our website www.sleepservices.net and click on our educational videos!**

It Can be a Hard Day's Night for Weight-Watchers on the Late Shift

Working the night shift might be good for your paycheck, but it can be tough on your body. Maintaining a healthy diet can be challenging when our natural circadian rhythms change dramatically because of our work schedule. To encourage health-care workers on the late shift to maintain a healthy lifestyle, nutritionists at Cedars-Sinai Medical Center have provided healthy eating tips to night workers to help them be more productive and alert at work.

<http://www.newswise.com/articles/view/525185/>

Pregabalin Proves Durable Pain Relief Option for Fibromyalgia in Long Term Study

Pregabalin, typically used to treat nerve pain or seizures, appears to offer extended pain relief for those with fibromyalgia, according to research presented this week at the American College of Rheumatology Annual Scientific Meeting in Washington, DC. see www.rheumatology.org/annual

Sleep Apnea Patients at Higher Risk for Deadly Heart Disease

Researchers looked at 134 patients with coronary heart disease who hadn't been diagnosed with a sleep disorder. In the patients who had a type of an irregular heartbeat called ventricular premature contraction, more than 40 percent also had severe sleep apnea – and didn't realize it.

"The real worry is that benign arrhythmia can be a harbinger of a much more serious – and lethal – heart rhythm disorder," says principal investigator Raj Bhalodia, M.D., of Saint Louis University School of Medicine. "While most people with the mild version of arrhythmia will be just fine, in some people, it's possible it can worsen during the night and lead to sudden death."

<http://www.newswise.com/articles/view/525238/>

Speak, Memory: Research Challenges Theory Of Memory Storage

Daily events are minted into memories in the hippocampus, one of the oldest parts of the brain. For long-term storage, scientists believe that memories move to the neocortex, or "new bark," the gray matter covering the hippocampus. This transfer process occurs during sleep, especially during deep, dreamless sleep. Using this groundbreaking single-cell recording technique, honed in Sakmann's laboratory at the Max Planck Institute for Medical Research, researchers made an important finding: During deepest sleep, in both the hippocampus and neocortex, the patterns of neural activity are both regular and highly related. The cells in the old and new brains fired nearly in synch, evidenced by similar peaks and troughs shown on electroencephalographs. This is surprising; Previous studies showed that during deep sleep, when the excitatory cells in the neocortex showed rhythmic activity, excitatory neurons in the hippocampus showed erratic activity. This stumped Mehta and his colleagues: If these two parts of the brain talk during deep sleep, why didn't they appear to be speaking the same language? They are, Mehta and his team discovered, if you listen to inhibitory, not excitatory, cells in the hippocampus. Mehta and his team also showed that the activity of the cells is related. The timing of activity, or talk, was the same in both brain regions, with a small delay in the hippocampus - as if those cells were echoing the speech in the neocortex. <http://www.medicalnewstoday.com/medicalnews.php?newsid=56730>

Use Of Sleep Meds For Patients With Apnea Questioned By Research

Prescription sleep aids may do little to improve the use of continuous positive airway pressure (CPAP) among patients with obstructive sleep apnea (OSA). A new study published in the November issue of *CHEST*, the peer-reviewed journal of the American College of Chest Physicians (ACCP), finds that patients with OSA who were given prescription sleep aids were no more likely to use their CPAP machines than patients with OSA taking a placebo.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=56589>

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