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Snooze e-News!

November 6, 2006

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!

Modafinil An Effective Treatment For The Ill-Effects Of Sleep Deprivation On Working Memory-

The wake-promoting drug modafinil serves as an effective countermeasure to the adverse effects of overnight sleep deprivation on working memory, but only when task difficulty is moderate. Despite the efficacy of this drug, modafinil should only be taken under the supervision of a sleep specialist.

Robert Joseph Thomas, MD, of Beth Israel Deaconess Medical Center in Boston, Mass., measured the effects of a single 200-mg dose of modafinil on the working memory of eight medication-free men, between the ages of 21 and 35, following overnight sleep deprivation. Performance was enhanced by modafinil only at an intermediate level of task difficulty and was associated with the recruitment of increased cortical activation volumes. Strong and consistent individual differences in performance were noted on the working memory tasks. <http://www.medicalnewstoday.com/medicalnews.php?newsid=55694>

A potential biological cause for sudden infant death syndrome (SIDS)

New autopsy data provide the strongest evidence yet that sudden infant death syndrome (SIDS) is not a "mystery" disease but has a concrete biological basis. In the November 1 issue of *JAMA*, researchers at Children's Hospital Boston document abnormalities in the brainstem -- a part of the brain that regulates breathing, blood pressure, body heat, and arousal -- in babies who died from SIDS.

Researchers led by neuropathologist Hannah Kinney, MD, and neuroscientist David Paterson, PhD, at Children's Hospital Boston and Harvard Medical School examined brain autopsy specimens from 31 infants who had died from SIDS and 10 who had died acutely from other causes, provided by the San Diego Chief Medical Examiner's office. Examining the lowest part of the brainstem, known as the medulla oblongata, they found abnormalities in nerve cells that make and use serotonin, one of over 100 chemicals in the brain that transmit messages from one nerve cell to another. The findings also provide a biological explanation for why SIDS occurs twice as often in males than females -- male SIDS infants had significantly fewer 5-HT1A receptors than female SIDS infants.

<http://www.childrenshospital.org/newsroom/Site1339/mainpageS1339P1sublevel258.html>

Regular Exercise Plays A Consistent And Significant Role In Reducing Fatigue, UGA Study

Finds O'Connor, kinesiology professor Rod Dishman and lead author Tim Puetz, who recently completed his doctoral work at UGA, analyzed 70 randomized, controlled trials that enrolled a total of 6,807 subjects. They found strong support for the role of exercise in reducing fatigue. "More than 90 percent of the studies showed the same thing: Sedentary people who completed a regular exercise program reported improved fatigue compared to groups that did not exercise" O'Connor said. "It's a very consistent effect." The study, published in the November issue of the journal *Psychological Bulletin*, quantified the magnitude of the effect of exercise and found that it was stronger than the treatment of fatigued people with drugs such as the narcolepsy drug modafinil. Specifically, the researchers found that exercise increased energy and reduced fatigue by 0.37 standard deviations when compared to control groups, whereas participants in a previous study taking modafinil had an improvement of 0.23 standard deviations. <http://www.medicalnewstoday.com/medicalnews.php?newsid=55669>

Sleep Apnea Management Programs Significantly Reduce Health Care Costs: Presented at

CHEST Corporate health care costs dramatically can be reduced if employers make concerted efforts to identify and treat employees with sleep apnea, according to research presented here at CHEST 2006, the 72nd annual international scientific assembly of the American College of Chest Physicians. <http://www.docguide.com/news/content.nsf/news/852571020057CCF685257214004AAE22?OpenDocument&id=91630927A614FC59852570CE0053FB7F&c=Sleep%20Apnoea&count=10>

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