



AMERICA'S
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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!

Sildenafil Worsens Obstructive Sleep Apnea Events

In men with severe obstructive sleep apnea, 50 mg of sildenafil worsens bedtime respiratory and desaturation events, according to the results of a double-blind, crossover study reported in the September 18 issue of the *Archives of Internal Medicine*. "Sildenafil prolongs the action of cyclic guanosine monophosphate and nitric oxide by inhibiting cyclic guanosine monophosphate-specific phosphodiesterase," write Suely Roizenblatt, MD, PhD, from the Federal University of São Paulo, Brazil, and colleagues. "It is largely used for erectile dysfunction, a highly prevalent condition in obstructive sleep apnea. Because nitric oxide promotes upper airway congestion, muscle relaxation, and pulmonary vasodilation, the aim of this study was to establish the impact of a single 50-mg dose of sildenafil on the sleep of patients with severe obstructive sleep apnea." http://www.medscape.com/viewarticle/545223_print

Successful Treatment of Recalcitrant Restless Legs Syndrome With Botulinum Toxin Type-A

Intramuscular BTX-A alleviated symptoms, reduced medication use, and/or reduced daytime sleepiness with minimal, if any, untoward effects. BTX-A should be further investigated in controlled studies as a treatment of RLS. <http://www.aasmnet.org/JCSM/ViewAbstract.aspx?citationid=2983>

High Blood Pressure In Children Linked With Sleep Breathing Problems

Children with high blood pressure may be at risk for sleep breathing disorders, according to a small study reported at the American Heart Association's 60th Annual Fall Conference of the Council for High Blood Pressure Research.

In the study, 60 percent of hypertensive children had a condition called sleep disordered breathing (SDB). SDB is characterized by short periods of upper airway obstructions that are complete (apnea) or partial (hypopnea), or a longer period of insufficient air movement (obstructive hypoventilation).

Of the 20 children, 11 had nighttime high blood pressure; 17 had enlarged tonsils and adenoids; 18 were overweight (body mass index greater than 85th percentile), and all had a history of snoring.

Researchers found that 12 of the 20 children tested (60 percent) had SDB: seven (35 percent) had obstructive sleep apnea (more than one apnea episode per hour); four (20 percent) had obstructive hypoventilation; and one (5 percent) had mild SDB. Of the remaining eight children, six (30 percent) had a primary snoring disorder without SDB, and two had a normal sleep pattern without snoring.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=53670>

Less Sleep May Mean More Weight for Kids

Researchers from the University of Laval in Quebec looked at the lifestyles, habits, body mass index and waist size of 422 children between the ages of 5 and 10. In all, 20 percent of boys and 24 percent of girls in the study were overweight. After analyzing the data, researchers discovered that those children who slept fewer than 10 hours a night were 3.5 times more likely to be overweight than those who slept more than 12 hours a night. Other factors that may contribute to weight gain, including time spent watching television, parental education, family income and regular physical activity, were found to have much lower impact on a child becoming overweight. http://healthology.healthology.com/main/article_print.aspx?content_id=3512