



AMERICA'S
SLEEP COMPANY™

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!

Sleepiness and Sleep in Patients With Both Systolic Heart Failure and Obstructive Sleep Apnea

Patients with heart failure have less subjective daytime sleepiness compared with individuals from a community sample, despite significantly reduced sleep time, whether or not they have OSA. In patients with heart failure, the absence of subjective sleepiness is not a reliable means of ruling out OSA.

<http://archinte.ama-assn.org/cgi/content/abstract/166/16/1716>

Plasma Levels of Tumor Necrosis Factor α and Soluble Tumor Necrosis Factor Receptors in Patients With Narcolepsy Narcoleptic patients show increased plasma levels of sTNF-R p75, suggesting a functional alteration of the TNF- α cytokine system, further corroborating a possible pathogenic role of the immune system in this sleep disorder. <http://archinte.ama-assn.org/cgi/content/abstract/166/16/1739>

Risk Factors For Developing Complications From Sleep Apnea Surgery

Patients undergoing surgery to correct sleep apnea are more likely to have complications if their condition is severe, they have a high body mass index, they have other medical problems or they are undergoing certain other surgical procedures at the same time, according to a report in the October issue of *Archives of Otolaryngology - Head & Neck Surgery*, one of the JAMA/Archives journals. A procedure known as uvulopalatopharyngoplasty (UPPP), during which surgeons remove the uvula and other soft tissues at the back of the throat to help clear the airway, is the most common operation performed to alleviate sleep apnea. About 1.6 percent of all patients undergoing such procedures have serious complications, including .2 percent who die within 30 days. Previous reports about the risk factors for complications have been conflicting.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=54349>

Soluble Interleukin 6 Receptor, A Novel Marker of Moderate to Severe Sleep-Related Breathing Disorder

Given the previously described association between sleep-related breathing disorder (SRBD) and markers of inflammation, we assessed the relationship of SRBD with levels of both interleukin 6 (IL-6) and soluble IL-6 receptor (sIL-6R), a marker with more expansive physiologic effects than IL-6. The objectives were to explore the relationship between moderate to severe sleep apnea with IL-6 and sIL-6R levels and to examine morning and evening variability for each cytokine. Conclusion: Morning sIL-6R levels demonstrated stronger associations with moderate to severe SRBD than morning IL-6 levels. Associations with SRBD and morning sIL-6R levels persisted even after adjustment for waist circumference, cardiovascular disease, and evening sIL-6R levels, suggesting the potential utility of sIL-6R as a marker for measuring overnight SRBD stresses. Further investigation of this biomarker may provide insight into SRBD-related inflammation.

<http://archinte.ama-assn.org/cgi/content/abstract/166/16/1725>

Survey: More Than Half of Moms Say Getting More Sleep Would Make Them Better Parents

A new nationwide survey released today found that 52 percent of America's moms feel that more sleep would make them better parents and 65 percent feel they would be happier. Although many factors interfere with a mom's opportunity to sleep (e.g., nighttime feedings, tending to children), even when given the chance, many are still lying awake at night. According to the survey, moms are often kept up thinking about the next day's "to-dos" (36 percent), stressing about the family's finances (25 percent), or worrying about family issues (24 percent). <http://www.newswise.com/articles/view/524440/>

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