



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

October 31, 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 our educational videos!

CME Credit
Online

Abdominal Obesity in Children Linked to Central but Not Obstructive Sleep

Apnea October 23, 2006 — In overweight children with sleep-disordered breathing, higher levels of abdominal obesity and fat mass were associated with central but not with obstructive sleep apnea (OSA), according to the results of a study reported in the October 13 Online First issue of *Archives of Disease in Childhood*.

Learning Objectives for This Educational Activity

Upon completion of this activity, participants will be able to:

- Describe the prevalence of sleep-disordered breathing in children and adolescents.
- List predictors of sleep-disordered breathing in children and adolescents.

Registration for CME credit and the post test must be completed online. To access the activity Post Test, please go to:

<http://www.medscape.com/viewarticle/546414>

Daytime CPAP titration: a viable alternative for patients with severe obstructive sleep apnea:

The implementation of **CPAP** therapy has traditionally been based on full-night titration studies or split-night protocols. This study compared a group of patients who received a regular nocturnal **CPAP** titration with patients who received a daytime **CPAP** titration. The objective of the study was to determine if daytime **CPAP** titration is a viable alternative for the implementation of **CPAP** treatment in patients with severe OSA.

[http://www.chestjournal.org/cgi/content/abstract/114/4/1056?](http://www.chestjournal.org/cgi/content/abstract/114/4/1056?maxto-show=&HITS=10&hits=10&RESULTFORMAT=&fulltext=cpap&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT)

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Group education sessions and compliance with nasal CPAP therapy

Attendance in a group clinic designed to encourage patient compliance with **CPAP** therapy provided a simple and effective means of improving treatment of OSA.

[http://www.chestjournal.org/cgi/content/abstract/111/5/1273?](http://www.chestjournal.org/cgi/content/abstract/111/5/1273?maxto-show=&HITS=10&hits=10&RESULTFORMAT=&fulltext=cpap&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT)

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The Effect of 1 Week of Continuous Positive Airway Pressure Treatment in Obstructive Sleep Apnea Patients With Concomitant Gastroesophageal Reflux

Patients with obstructive sleep apnea (OSA) have a very high incidence of gastroesophageal reflux (GER). Previous studies have shown that the use of continuous positive airway pressure (CPAP) reduces the frequency of reflux events, but these studies only assessed the effect of a single night of treatment. The aim of this study was to assess the effect of 1 week of CPAP treatment on reflux in patients with OSA and GER. *Conclusions:* In OSA patients with significant heartburn complaints, CPAP would appear to be an efficacious approach to the treatment of both disorders.

[http://www.chestjournal.org/cgi/content/abstract/130/4/1003?](http://www.chestjournal.org/cgi/content/abstract/130/4/1003?maxto-show=&HITS=10&hits=10&RESULTFORMAT=&fulltext=cpap&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT)

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