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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!

Symptoms Of Sleep-Disordered Breathing Common Among Adolescents

Sleep-disordered breathing (SDB) has symptoms that appear to be common among adolescents, which can lead to both short- and long-term adverse problems if left untreated, including excessive daytime sleepiness, poor academic performance and ADHD, according to a study published in the September 1st issue of the journal *SLEEP*.

Eric O. Johnson, PhD, of Research Triangle Institute International in Research Triangle Park, North Carolina, studied 1,014 adolescents between 13-16 years of age and a paired parent. It was discovered that more than 20 percent of the adolescents snored at least a few nights per month and six percent snored every or nearly every night. Furthermore, apnea-like symptoms affected from 2.5 percent to 6.1 percent of adolescents. The prevalence of weekly SDB was six percent, according to both adolescent and parental report, and was twice as likely among African Americans as Caucasians. <http://www.medicalnewstoday.com/medicalnews.php?newsid=51225>

Snoring treatment slashes heart-attack rates

Treatment for people who suffer from a chronic form of snoring can dramatically cut their risk of serious heart problems, a medical conference in Munich heard today. In a study for presentation at the European Respiratory Society's annual congress, a team from Germany's University of Bochum monitored 638 apnoea sufferers over an average seven. Of these, 499 were under treatment and 139 refused treatment. Those on treatment enjoyed a nearly two-thirds reduction in the risk of having a heart attack, stroke or acute cardiac pain that require vascular surgery. "Treating sleep apnoea reduces the cardiovascular risk by 64 percent," said lead researcher Nikolaus Buchner. "And that's regardless of the degree of apnoea, the subject's age or any history of cardiovascular problems." <http://www.news.com.au/couriermail/story/0,,20346362-1702,00.html?from=rss>

Need to Pull an All-Nighter?

People who must stay awake for long shifts – soldiers, pilots, truckers, students, doctors, parents of newborns – may take comfort from new research showing that preventing the gas nitric oxide from building up in the brain may ward off the sleep urge

The research, conducted by investigators from Children's Hospital Boston and the University of Helsinki (Helsinki, Finland), ties together previous observations about sleep and finds that nitric oxide production in a specific region of the brain – the basal forebrain – is both necessary and sufficient to produce sleep. The findings appear in two related papers in the August 18 issue of the *Journal of Neurochemistry* and the September 5 issue of the *European Journal of Neuroscience*. <http://www.newswise.com/articles/view/523303/>

Inventors Patent New Sleep Disorder Treatment Method

The U.S. Patent & Trademark Office wrote about the new technique. "A method for treating obstructive sleep disorders includes accessing the interior of the tongue through an incision made in the skin in the vicinity of the jaw of the patient; advancing an instrument through the incision into the interior of the tongue; and removing an amount of tissue from the interior of the base of the tongue with the instrument."

An abstract of the invention, released by the Patent Office, said: "The present invention includes forming a cavity or plurality of channels in the tongue. The cavity may be collapsed using a suture, fastener or bioadhesive. An emplaced suture may be provided to hold the cavity in a collapsed position thereby reducing the degree of obstruction. Additionally, thermal energy may be applied to the tissue surface immediately surrounding the channels to cause thermal damage to the tissue surface, thereby creating hemostasis and stiffening the surrounding tissue structure. <http://www.sleepreviewmag.com/newsletters.php?week=2006-09-06&idnews=1344>