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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.

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Updated Sleep Apnea Screening Recommended for Commercial Drivers

New recommendations released today by a joint task force of the American College of Chest Physicians (ACCP), American College of Occupational and Environmental Medicine (ACOEM), and the National Sleep Foundation (NSF) offer an updated and consistent approach to the screening and management of obstructive sleep apnea (OSA) among commercial motor vehicle (CMV) operators. Published as a supplement to the September issue of the Journal of Occupational and Environmental Medicine, these recommendations include a more thorough screening and evaluation process, modified criteria for returning to work after treatment, and provide follow-up and recertification.

<http://www.sleepreviewmag.com/prnews.php?p=73>

Treating Pediatric Obstructive Sleep Apnea and Sleep-Disordered Breathing: Another Option for Home Treatment

The field of sleep medicine has grown exponentially over the past 10 years. Infants and young children, however, deserve more attention. Obstructive sleep apnea (OSA) in this population is more common and severe than many believe. According to Lipton and Gozal,¹ 8% to 27% of children snore, with about 2% of them experiencing OSA.² The primary reason for lack of focus on OSA in infants and children is the low level of awareness in the medical community. Results of a survey by Owens³ of 626 pediatricians in Rhode Island, Massachusetts, and Connecticut suggested a lack of basic knowledge about pediatric sleep disorders and an inability to incorporate such knowledge into clinical practice. The survey also indicated that only one fourth of the respondents routinely screened toddlers and school-age children for snoring. Further, 53.2% of those surveyed indicated that they never or rarely ordered overnight sleep studies to assess patients for OSA. Education to increase awareness among health care professionals about pediatric sleep disorders should target medical schools, post-graduate training, and continuing education programs.³

<http://www.sleepreviewmag.com/print.php?s=SRM/2006/09&p=14>

Auto-CPAP Appeared to Improve Adherence In Obstructive Sleep Apnea Patients

Automatically titrated continuous positive airway pressure appears to be an effective option for the management of obstructive sleep apnea in patients who fail to adhere to the standard of manually titrated CPAP. Of 57 patients who were poorly compliant (defined in this study as using CPAP for 2-4 hours during a study night) or noncompliant (defined as using CPAP for less than 2 hours during a study night), 72% were compliant with auto-CPAP, Vincenzo E. Castronovo, Ph.D., reported at the annual meeting of the Associated Professional Sleep Societies. The patients were a subgroup of 509 consecutive patients with severe obstructive sleep apnea who underwent one full night of polysomnography with manual CPAP titration, and who were noncompliant during that night.

<http://www.chestnet.org/downloads/about/chestPhysician/0906.pdf>

One In Four Americans At High Risk For Obstructive Sleep Apnea

New research from the National Sleep Foundation's Sleep in America Poll 2005 shows that as many as one in four Americans appears to be at high risk for obstructive sleep apnea (OSA). The survey, embedded with the Berlin Questionnaire, collected information from 1,506 participants regarding snoring, witnessed apneas, daytime sleepiness, and height and weight. Researchers found that 26 percent of respondents met the Berlin Questionnaire criteria as being high risk for OSA. This study appears in the September issue of *CHEST*, the peer-reviewed journal of the American College of Chest Physicians. <http://www.medicalnewstoday.com/medicalnews.php?newsid=51700>