



AMERICA'S  
SLEEP COMPANY™

## Snooze e-News!

September 25, 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](http://www.sleepservices.net) and click on our educational videos!

**Neurobehavioral Morbidity Associated With Disordered Breathing During Sleep in Children: A Comprehensive Review** Childhood SDB is associated with neurobehavioral morbidity. Applying commonly used guidelines for causal inference, even in the absence of a much-needed randomized clinical trial, there is strong evidence of association, consistent findings, and specificity of effect. There is suggestive evidence that this association fits the expected temporal pattern and that SDB is a biologically plausible cause of neurobehavioral deficits. Clinicians should be alert to the coexistence of SDB symptoms and concerns about a child's academic progress, attention, arousal, or behavior or emotion regulation.

<http://www.journalsleep.org/ViewAbstract.aspx?citationid=3020>

#### Medicare Cuts Loom: Act Today

Congress is set to adjourn in less than 10 days and there is serious concern among the physician community that Medicare physician payments will be cut by 5.1 percent on January 1, 2007 unless immediate action is taken. It is imperative that you contact your representative and senators and encourage them take action during the remaining legislative days to prevent physician payment cuts and secure a positive payment update.

You can easily be connected your Senator or Representatives office in Washington D.C. by calling the American Medical Associations free Grassroots Hotline: 1-800-833-6354. For more information on the impending cuts and resulting effects, visit the members section of the AASM Web site at [www.aasmnet.org](http://www.aasmnet.org) and download the AMA fact sheet on Medicare physician payments. If you have further questions or need more information on the impending cuts to the physician fee schedule please contact the AASM Government Relations Department at (708) 492-0930. <http://www.aasmnet.org/Announcement.aspx?AnnouncementID=197>

#### Study Findings On Extended Follow-Up Of Palatal Implants For Obstructive Sleep Apnea

The palatal implant treatment should be considered as an initial, minimally invasive, surgical treatment option for patients with OSA. This study found that most patients who initially responded to minimally invasive palatal implant treatment for mild to moderate OSA at 90 days maintained favorable treatment responses over an extended follow-up period. Improvements in OSA related events; daytime sleepiness and snoring symptoms were maintained long-term. These data add to the continuing evidence supporting the effectiveness of palatal implants for patients with OSA. When considering the low morbidity and simplicity of this office procedure, palatal implants can be considered as an initial, minimally invasive, surgical treatment option for properly selected patients.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=52638>

#### Prevalence Of Self-Reported Snoring, Sleep-Disordered Breathing In Military

The questionnaire, administered to 1,300 subjects, obtained data that was analyzed using percentages, contingency table methods, and logistic regression modeling. Univariate and multivariate analyses were also conducted. The prevalence of obstructive sleep disorders was calculated by the criteria established by the International Classification of Sleep Disorders. The survey found that three percent of respondents had obstructive sleep apnea. Conclusions: The researchers state that these findings indicate that sleep disordered breathing and sleep apnea have an impact on military performance and where suspected should be referred for investigation and treatment. <http://www.medicalnewstoday.com/medicalnews.php?newsid=52632>

#### Study Adds to Links Between Sleep Loss and Diabetes

Short or poor quality sleep is associated with reduced control of blood-sugar levels in people with diabetes, report researchers from the University of Chicago. One inexpensive way to improve the health of patients with type 2 diabetes might be to improve their sleep. <http://www.newswise.com/p/articles/view/523492/>