

SNOOZE NEWS!

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How's Your Sleep

Do any of these apply to you?

- Do you Snore loudly?
- Have you or others observed that you stop breathing or gasp for air during your sleep?
- Do you feel sleepy or doze off while watching TV, reading, driving, or engaged in daily activities?
- Are you having difficulties sleeping 3 nights a week or more?
- Do you feel unpleasant, tingling, creeping feelings or nervousness in your legs when trying to sleep?
- Are you experiencing interruptions to your sleep (nighttime heartburn, bad dreams, pain, discomfort, noises)?

If you checked any of these symptoms, you should consult with your doctor about the quality of your sleep.

To learn more about sleeping disorders, please visit www.sleepservices.net.

Sleep quiz was adapted from the National Sleep Foundation's Sleep Quiz.

Sleep Apnea Affects Professional Athletes Too

The sports commentator says... the quarterback misses the ball, he fumbles and falls to the ground giving the other team a clear 10 yard advantage. Did you ever wonder while watching your favorite football team loose a game they should have won, was the defeat due to the players having sleep apnea? Although sleep apnea has long been stereotyped to affect middle aged, overweight men, in a recent study seemingly healthy young athletes are an even bigger concern?

Football players have higher incidence of sleep apnea

Brandon Middleton at age 24, is fulfilling a lifelong dream. After playing football for the University of Houston, he now plays for the St. Louis Rams. But off the field he is tackling an even more serious opponent, sleep apnea.

After learning that sleep apnea may have played a roll in the death of football great, Reggie White at the age of 43, Brandon wanted to be sure he was not next. His wife was the person to discover he stopped breathing while he slept. After volunteering to have a sleep study, the results confirmed that he had sleep apnea.

According to a study conducted by Dr. Charles George of the University of Western Ontario Canada, professional football players are more likely to suffer from sleep apnea, than the general population.

Three hundred players from eight National Football League teams took a part of the study at Western University. Of the hulking heavy weights, 14 percent of were diagnosed with sleep apnea.

Surprisingly, the biggest and heaviest players, the linemen, had an even higher incidences of sleep apnea than believed, at thirty-four percent.



The finding that sleep apnea occurs in football players who are young, physically fit and mostly muscle, suggests the condition exists to a larger extent than suspected in younger men who are not physically fit.

Americans are at risk

Sleep apnea affects 18 million Americans. It is estimated that 4-6% of the population has undi-



agnosed sleep apnea. The consequences of undiagnosed sleep apnea range from annoying to life threatening. Symptoms can include irritability, sexual dysfunction, inability to concentrate, falling asleep while driving or on the job or worse.

If you are experiencing a cessation of breathing for prolonged periods of time while sleeping, loud snoring, daytime sleepiness and fatigue and un-refreshing sleep, you should consider talking to your physician about the quality of your sleep.

Treatment options

Brandon now wears a CPAP mask every night to ensure he is getting the oxygen he needs. He feels it is a small price to pay for a good nights sleep. Other options may include weight loss, or surgery. Each persons needs are different and your physician is the best person to determine your course of treatment.

Sources: NSF Website, Study cited by the *New England Journal of Medicine*, Jan 23, 2003. Brandon Middleton story from Houston, TX Click2Houston.com

When your internal clock is off

It is 8:00 am in Washington, D.C. and you've just arrived on the redeye from San Diego. Although the sun is rising, your body still feels like it is on the west coast and wish you had a snooze button for the sun. That feeling of jet-lag is your internal clock, or circadian rhythm signaling that it is out of sync with your normal cycles of waking and sleeping.

The Circadian rhythm is a name given to the "internal body clock" that regulates the (roughly) 24 hour cycle of biological processes in animals and plants. (The term circadian comes from the Latin *circa*, meaning "around" and *dies*, "day", meaning literally, "around the day").

Advanced Sleep Phase Syndrome

Is characterized by a persons inability to stay awake until desired bedtime and unusually early awakening times. Someone affected by ASPS will have to go to bed at 6pm and will wake up at 1 am. The quality and quantity of rest are not diminished, however, the syndrome may interfere with evening activities.

To treat this syndrome a person may gradually work to move their bedtime back to a later time. Another option is bright light therapy. The exposure to the bright light will help re-set the body's internal clock.

Delayed sleep phase syndrome

Occurs when a person falls asleep more than two hours later than their desired bed-times and consequently wants to stay asleep longer in the a.m. hours. This shift in bedtime hours can make waking up very difficult and interfere with a persons work or home life. Bright light and changing bed-times can also work for this syndrome.

Shift Work

It has been clearly established that the circadian rhythm is rigidly linked to the light/dark cycle. Since it is not natural for people to sleep during the day and work in the night, shift workers are one of the largest groups in all industrialized countries to struggle with sleep deprivation because their circadian cycle has been disrupted. Because the circadian rhythm is on a 24 hour clock, the sleep cycle can be re-synchronized. The biggest sleep challenge is for shift workers who's schedules fluctuate. If a person must work in shifts, it is suggested that each shift schedule last for one month before making any changes to the shift schedule.

Source: About-Sleep-Disorders.com, *When Sleep-Wake Phases are Disorders.*
Circadian Rhythm definition from Wikipedi Encyclopedia on-line.

Tips for Managing Jet Lag



- Select a flight that allows early evening arrival and stay up until 10 p.m. local time. (If you must sleep during the day, take a short nap in the early afternoon, but no longer than two hours. Set an alarm to be sure not to over sleep.)
- Anticipate the time change for trips by getting up and going to bed earlier several days prior to an eastward trip and later for a westward trip.
- Upon boarding the plane, change your watch to the destination time zone.
- Avoid alcohol or caffeine at least three to four hours before bedtime. Both act as "stimulants" and prevent sleep.
- Upon arrival at a destination, avoid heavy meals (a snack—not chocolate—is okay).
- Avoid any heavy exercise close to bedtime. (Light exercise earlier in the day is fine.)
- Bring earplugs and blindfolds to help dampen noise and block out unwanted light while sleeping.
- Try to get outside in the sunlight whenever possible. Daylight is a powerful stimulant for regulating the biological clock. (Staying indoors worsens jet lag.)
- Contrary to popular belief, the type of foods we eat have no effect on minimizing jet lag.

Source: the NSF website www.sleepfoundation.org, from *Sleep and the Traveler* article.

Please note the information in this publication is only for educational purposes and does not take the place of the services of a physician. For more information please visit our website www.sleepservices.net