



Snooze e-News!

January 29, 2007

News about the Snooze! To learn more about sleep disorders, visit our website www.sleepservices.net and click on our educational videos!

β Relationship Between β-Blocker Treatment and the Severity of Central Sleep Apnea in Chronic Heart Failure In patients with chronic heart failure, CAI was lower according to the dose of β-blockers, and no use of β-blockers was independently associated with CAI. In addition, 6 months of treatment with carvedilol decreased CAI. These results suggest that β-blocker therapy may dose-dependently suppress CSA in patients with chronic heart failure. <http://www.chestjournal.org/cgi/content/abstract/131/1/130?maxto-show=&HITS=10&hits=10&RESULTFORMAT=&fulltext=Beta+Blockers&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourceType=HWCIT>



Research Reveals Connection Between Sleep Disorders and School Readiness

Researchers at the University of Haifa found a higher rate of sleep disorders among kindergartners who are evaluated and found not ready for first grade than among their peers who are ready. Although it is widely accepted that many children suffer from sleep disorders, and that sleep disorders are somehow connected to learning disabilities, concentration and behavioral problems, most sleep disorders among children remain undiagnosed. The researchers at the University of Haifa searched for a connection between sleep patterns and reading readiness.

<http://www.newswise.com/p/articles/view/526702/>



Light At Night Is Dangerous To Health

Night life under electric lighting may cause serious behavioral disorders and physical diseases including cancer, according to a specialist team led of the Professor N.N. Pertov Scientific Research Institute of Oncology, Russian Ministry of Healthcare, and Petrozavodsk State University, who have been investigating the effects of night-time illumination on people's health for several years.

The researchers summarized findings of their own investigations and extensive foreign experience, medical statistics and data of experiments carried out on rodents. Permanent bright light suppresses synthesis of melatonin, the hormone that impacts the endocrine system work and prevents cancerous growth formation and development. The more intense the night-time light, the stronger it suppresses the melatonin synthesis. Some people are more sensitive to night-time illumination's action than others, for example, women are generally more sensitive than men. Light pollution can cause premature reproductive system ageing, and increase the risk of breast cancer and large intestine cancer in women. Night workers and pilots more often suffer from large intestine or rectal cancers. In addition, irregular light can causes sleep disturbance, gastrointestinal and cardiovascular diseases, metabolic derangements and, possibly increase the likelihood of developing diabetes. <http://www.medicalnewstoday.com/medicalnews.php?newsid=61808>

Efficacy of Mirtazapine in Obstructive Sleep Apnea Syndrome

Daily administration of 4.5 to 15 mg of mirtazapine for 1 week reduces AHI by half in adult patients with OSA. This represents the largest and most consistent drug-treatment effect demonstrated to date in a controlled trial. These findings suggest the therapeutic potential of mixed-profile serotonergic drugs in OSA and provide support for future studies with related formulations. Mirtazapine also is associated with sedation and weight gain—2 negative side effects in patients with OSA. In view of the above, we do not recommend use of mirtazapine as a treatment for OSA. <http://www.journalsleep.org/ViewAbstract.aspx?citationid=3116>

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