

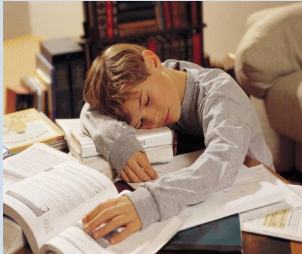


AMERICA'S
SLEEP COMPANY™

Snooze e-News!

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Link Between Insomnia And Hypersomnia, Depression In Children -

Journal SLEEP According to a study published in the January 1st issue of the journal *SLEEP*, sleep-disturbed children are more severely depressed and have more depressive symptoms and comorbid anxiety disorders compared with children without sleep disturbance. The study, authored by Xianchen Liu, MD, PhD, and colleagues of the University of Pittsburgh, was conducted on 553 children with a depressive disorder. Out of this study group, 72.7 percent had sleep disturbance, of which 53.5 percent had insomnia alone, nine percent had hypersomnia alone and 10.1 percent had both disturbances. Depressed girls were more likely to have sleep disturbance than boys, but age had no significant effects.

We know that depression is associated with sleep problems. But what this study shows is that, in depressed youths, not all sleep problems are the same, said Liu. Insomnia is the most common problem, but having a combination of insomnia and sleepiness is double trouble. Youths having both of these had more severe depression than youths with just one sleep problem. This means that we should carefully ask depressed youths about the specific type of sleep problem they are having. It may also mean that we should think about different treatments to specifically target an individual sleep problem.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=59885>

Sleep Disturbances, Nightmares Are Common Among Suicide Attempters: Journal Sleep

In the first known report of its kind, a study published in the January 1st issue of the journal *SLEEP* finds that sleep disturbances are common among suicide attempters, and that nightmares are associated with suicidality. The study conducted at Sahlgrenska University Hospital in , Sweden, focused on 165 patients between the ages of 18-68, who were admitted to medical units or psychiatric wards at Sahlgrenska after a suicide attempt. It was discovered that 89 percent of subjects reported some kind of sleep disturbance. The most common complaint was difficulties initiating sleep (73 percent), followed by difficulties maintaining sleep (69 percent), nightmares (66 percent) and early morning awakening (58 percent). Nightmares were associated with a five-fold increase in risk for high suicidality. "Our finding of an association between nightmares and suicidality does not imply causality, however, our findings should inspire clinicians to include questions concerning sleep disturbance and especially nightmares in the clinical assessment of suicidal patients."

<http://www.medicalnewstoday.com/medicalnews.php?newsid=59937>



Efficacy of Mirtazapine in Obstructive Sleep Apnea Syndrome

In a randomized double-blind, placebo-controlled 3-way cross over study of 4.5 to 15 mg of mirtazapine for 1 week in patients with OSA showed a reduction in AHI by half. 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 side effects it is do not recommend use of mirtazapine as a treatment for OSA.

<http://www.journalsleep.org/ViewAbstract.aspx?citationid=3116>

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