



AMERICA'S  
SLEEP COMPANY™

## Snooze e-News!

February 26, 2007

**News about the Snooze!** To learn more about sleep disorders, visit our website [www.sleepservices.net](http://www.sleepservices.net) and click on our educational videos!

**BREAS** All are welcome to attend the BREAS Open House, Monday March 5th. 890 Airport Park Road, Suite 118, Glen Burnie, MD. Attend a free iSleep Seminar with speaker Dr. Adi Pittarelli. CEC's are offered. The seminar begins at 1pm. Cocktail reception begins at 4:30pm. Please RSVP to [roger.westfall@breas.com](mailto:roger.westfall@breas.com). [Click here to learn more.](#)

### Sleep Expert Issues Wake Up Call To Women Who Snore-diabetes

New research shows that snoring doesn't have to be loud to cause health problems especially in women, according to sleep expert and Professor of Medicine at the University of Sydney, Colin Sullivan. Sleep apnoea was previously thought to be mostly a disease of men but researchers are increasing their focus on women following studies that show snoring in women can accompany an almost silent struggle for breath during periods of apnoea when the airway closes and breathing stops. People with sleep apnoea also tend to have risk factors for the metabolic syndrome, a condition characterized by abdominal obesity, high cholesterol, raised blood pressure and insulin resistance, which causes high levels of blood glucose and can lead to diabetes.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=63309>

### Winter Colds, Over-wrapping Raise The Risk Of SIDS, Doctors Warn

Sudden infant death syndrome (SIDS) - the leading cause of death in infants under 1 year of age can happen at any time. But parents and caregivers should be extra careful during the cold winter months, when the flu and other infections and the urge to bundle up babies extra warmly increase the risk of SIDS, say experts from the Johns Hopkins Children's Center. Over-wrapping, which can lead to thermal stress, is one of several risk factors for SIDS, and one that many parents are unaware of. Many parents and caregivers might have heard that placing babies to sleep on their backs is the safest position, yet a surprising number of them continue to place their infants in face-down or side-sleep positions, both of which are risk factors for SIDS, Halbower says. Add over-wrapping and viral or bacterial infections to an unsafe sleeping position, and you have a recipe for disaster, she says.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=63351>

### The Effect of Opioids on Sleep Architecture

The effect of opioid medications on sleep architecture has been demonstrated in patients with comorbid pain or opioid addiction. This study examined whether commonly used opioid medications have an adverse effect on sleep architecture in healthy adults. Both opioid drugs significantly reduced deep sleep and increased stage 2 sleep (both  $p < .01$ ); neither had an effect on sleep efficiency, wake after sleep onset, or total sleep time. Single doses of oral opioid medications can significantly affect sleep architecture in healthy adults, and observed reductions in slow-wave sleep following opioid administration may have important implications for the pathogenesis of opioid-use related fatigue. <http://www.aasmnet.org/JCSM/ViewAbstract.aspx?citationid=3143>

### Reported Sleep, Sleepiness, and Repeated Alcohol Withdrawals: A Randomized, Double Blind, Controlled Comparison of Lorazepam vs Gabapentin

Insomnia is a central symptom of alcohol withdrawal and increases relapse potential. During treatment for alcohol withdrawal, gabapentin as compared to standard therapy with lorazepam, was superior on multiple sleep measures, in patients who had previous withdrawals. Lorazepam subjects experienced rebound symptoms. Early drinking was related to persisting insomnia with both drugs.

<http://www.aasmnet.org/JCSM/ViewAbstract.aspx?citationid=3142>

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