



AMERICA'S  
SLEEP COMPANY™

## Snooze e-News!

December 18, 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!

#### **Gender Differences in the Polysomnographic Features of Obstructive Sleep Apnea**

In a recent study conducted by the Sleep Laboratory, St. Michael's Hospital, University of Toronto, Toronto, Ontario, Canada 830 patients with OSA were studied to determine if gender played a role in the severity of sleep apnea. The study concluded that: (1) OSA is less severe in women because of milder OSA during NREM sleep; (2) women have a greater clustering of respiratory events during REM sleep than do men; (3) REM OSA is disproportionately more common in women than in men; and (4) S OSA is disproportionately more common in men than in women. These findings may reflect differences between the sexes in upper airway function during sleep in patients with OSA. See the complete abstract at

[http://ajrccm.atsjournals.org/cgi/content/abstract/161/5/1465?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=middle-aged+men+who+have+obstructive+sleep+apnea+are+five+times+more+likely+than&searchid=1&FIRSTINDEX=0&resource\\_type=HWCIT](http://ajrccm.atsjournals.org/cgi/content/abstract/161/5/1465?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=middle-aged+men+who+have+obstructive+sleep+apnea+are+five+times+more+likely+than&searchid=1&FIRSTINDEX=0&resource_type=HWCIT)

#### **Fluid Displacement from Legs to Neck Can Lead to Obstructive Sleep Apnea**

When a person lies down, a small amount of fluid displaced from the legs to the base of the neck can narrow soft tissue around the throat and increase airflow resistance in the pharynx by more than 100 percent, predisposing the person to obstructive sleep apnea.

The results appear in the second issue for December 2006 of the *American Journal of Respiratory and Critical Care Medicine*, published by the American Thoracic Society.

"Obesity and neck circumference are important risk factors in obstructive sleep apnea, but together only account for approximately one-third of the variability in the apnea-hyponea index," said Dr. Bradley. "A factor not ordinarily considered is fluid accumulation at the nape of the neck and around pharyngeal soft tissue. Obstructive sleep apnea is very common in fluid-retaining states such as heart failure, renal failure and peripheral edema of unknown cause."

"Our data show that displacement of a small amount of fluid such as 340 ml, about 12 ounces, from the legs is sufficient to cause a 102 percent increase in airflow resistance of the pharynx in healthy, non-obese subjects," continued Dr. Bradley.

<http://www.newswise.com/articles/view/525835/?sc=dwn>

#### **Sleep cycling alternating pattern (CAP) expression is associated with hypersomnia and GH secretory pattern in Prader-Willi syndrome**

Hypersomnia, sleep-disordered breathing and narcoleptic traits such as rapid eye movement (REM) sleep onset periods (SOREMPs) have been reported in Prader-Willi syndrome (PWS). In a group of young adult patients with genetically confirmed PWS we evaluated sleep and breathing polysomnographically, including cycling alternating pattern (CAP), and we analyzed the potential interacting role of sleep variables, sleep-related breathing abnormalities, hypersomnia, severity of illness variables and growth hormone (GH) secretory pattern. The conclusion of this study suggests a relationship between hypersomnia and CAP rate, and between CAP expression and GH secretory pattern in PWS, possibly reflecting underlying central dysfunctions.

[http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6W6N-4M1TT7J-1&\\_user=10&\\_handle=C-WA-A-AE-AE-MSAYWWW-UUW-U-U-AE-U-U-AAZYCYUWUE-AAZZAZAUUE-AVDWAUECD-AE-U&\\_fmt=summary&\\_coverDate=12%2F31%2F2006&\\_rdoc=7&\\_orig=browse&\\_srch=%23toc%236603%232006%23999929991%236384111&\\_cdi=6603&\\_view=c&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=5c8b8be12e3f9a05a30b75202e40c905](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6W6N-4M1TT7J-1&_user=10&_handle=C-WA-A-AE-AE-MSAYWWW-UUW-U-U-AE-U-U-AAZYCYUWUE-AAZZAZAUUE-AVDWAUECD-AE-U&_fmt=summary&_coverDate=12%2F31%2F2006&_rdoc=7&_orig=browse&_srch=%23toc%236603%232006%23999929991%236384111&_cdi=6603&_view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=5c8b8be12e3f9a05a30b75202e40c905)

"Snooze e-News" is provided to you by Sleep Services of America, Inc. for informational purposes only. To have your name removed from this email list, please notify Tammany Buckwalter at [tbuckwalter@sleepservices.net](mailto:tbuckwalter@sleepservices.net)