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Snooze e-News!

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News about the *Snooze!*

This email contains links to articles related to sleep disorders from various websites.

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Learn more about sleep disorders and visit our website www.sleepservices.net and see videos related to sleep disorders use access code **905208**.

Researchers Find Many Commercial Drivers Impaired by Lack of Sleep

This study is among the largest and most comprehensive studies of truck drivers and fatigue ever done. Penn researchers examined 406 truck drivers and found that those who routinely slept less than five hours a night were likely to fare poorly on tests designed to measure sleepiness, attention and reaction time, and steering ability. Drivers with severe sleep apnea, a medical condition that causes a poor quality of sleep, also were sleepy and had performance impairment.

<http://www.newswise.com/articles/view/522674/?sc=dwhn>

Asthma Linked To Increased Risk For Sleep Apnea In Young Women By Study

Researchers from the University of Cincinnati (UC) and Cincinnati Children's Hospital Medical Center (CCHMC) have found that young women with asthma are twice as likely to have symptoms of obstructive sleep apnea—a condition that often goes undetected in women—compared with those who do not have asthma.

The Cincinnati team found that about 21 percent of young adult women with asthma experienced habitual snoring, the primary symptom of obstructive sleep apnea. These findings, the researchers say, disprove a long-held notion that obstructive sleep apnea predominantly affects males, and highlights the importance of identifying specific groups of women who are at high risk for the condition. This study is reported in the August edition of the journal *Annals of Allergy, Asthma and Immunology*. <http://www.medicalnewstoday.com/medicalnews.php?newsid=49780>

The ABCs Of Back-to-School Sleep Schedules: The Consequences Of Insufficient Sleep

For many children and teens, summer vacation is synonymous with staying up late and sleeping in. Returning to an early morning sleep schedule can be challenging, but it is vital to the health and successful school performance of America's youth. The National Sleep Foundation (NSF) is calling on parents and students to start adjusting their sleep schedules now, in order to be well-rested and alert for the start of the school year.

School-aged children get an average of 1.5 hours less than the recommended 10 to 11 hours of sleep per night on school nights, and only 20 percent of adolescents get the recommended 9 hours of sleep per night on school nights. In fact, nearly half of all adolescents sleep less than eight hours on school nights. <http://www.medicalnewstoday.com/medicalnews.php?newsid=49810>

UM scientist sheds light on workings of internal clock

Andrea Meredith's mice have a terrible sense of timing. "It's as if they can't tell the difference between day and night," said Meredith, a neuroscientist at the University of Maryland School of Medicine. Usually, rodents roam at night and sleep all day, even if kept in total darkness. But keep Meredith's mice in the dark, and they will hop onto their exercise wheels regardless of the hour.

Meredith and her colleagues at Stanford had connected the dots between the BK channel and mice behavior patterns. In the engineered mice, the core genetic clocks seemed to be working fine, but the clock appeared to be unable to communicate well with the parts of the brains where actions such as wheel running were generated.

Meredith, who accepted a position as an assistant professor at the University of Maryland this summer and is continuing her research there, hopes her work will open the door to therapies for other problems related to circadian rhythms, such as obesity and heart attacks, which often occur in the morning and correspond to hormone-induced increases in blood pressure.

<http://www.baltimoresun.com/news/nationworld/bal-te.circadian21aug21.1.1626140.print.story?coll=bal-home-headlines&ctrack=1&cset=true>

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