

Sleep Newzzz

Spring 2004

Upcoming Events:

National Sleep Awareness Week

March 29—April 4

HOUSTON SLEEP CENTER 5K SLEEP WALK



All proceeds to the National Sleep Foundation

Sat. April 3, 2004

8:00 AM at Bear Creek Park

Registration Fee \$18.00

Get your sign up form at www.houstonsleepcenter.com

Or register online at www.signmeup.com/24260

Call Jenny at 713.827.8896

Join our OSA-CPAP Support Group!

Memorial City Hospital Professional Building #1
921 Gessner, 3rd Floor Conference Room

March 27th 2:00-4:00 pm

June 19th 2:00-4:00 pm

Sept. 25th 2:00-4:00 pm

Dec. 4th 2:00-4:00 pm

Call 713.827.8896 to RSVP by the previous Tuesday.

Polysomnographic Technologist Recognition Week

April 5—April 11

Opening in April !!



Institute of Sleep Medicine, Inc.
21703 Kingsland Blvd, Suite 101
Katy, Texas 77450

How does stress affect sleep? By Thomas K. Speer, Ph.D.

Often during this time of year the levels of stress at work and home affect our sleep patterns. Our usual daytime activities are changed by limited light and cooler temperatures. Many people report waking up tired and often need caffeine to get through the morning as well as the afternoon. What are we to do?

Stress is not so much what happens in life, but how we take it. Frequent thoughts of being tired and worried about getting a good night's sleep can, in and of itself, affect our ability to fall asleep. Eating a heavy meal late at night can have a negative impact on our overall sleep quality. Alcohol, the number one way most people cope with stress, may help you fall asleep but will disrupt your sleep later in the night. In other words,



our coping skills can be the cause of poor sleep habits.

If we know that we are anticipating a stressful period we need to prepare for it through positive behaviors. Positive sleep behaviors include getting an adequate amount of sleep to stay alert and awake throughout the day. We need to get up at the same time each

morning and avoid sleeping in too late.

Getting started in the morning with physical activity outside in sun or dawn light will help a great deal in establishing a regular sleep/wake cycle. A regular sleep/wake cycle will assist the brain in improved sleep continuity. Remember, exercise can be a good stress reducer as a transition from your day to the evening period. Finally, give yourself some time (90 min.) prior to going to bed to relax and not think about the stresses of the day. If these fundamentals fail to correct your sleep problems, seek the help of a sleep specialist to assist in assessing other potential sleep disorders.

What's new in CPAP technology? By Brad Coleman, RPSGT

CPAP technology is continuously evolving; from improved nasal interface masks to smaller, travel friendly machines, manufacturers are constantly modifying equipment to make it more comfortable and convenient for you, the patient. One of the modifications making patient care more effective is the use of CPAP machines with internal compliance monitoring systems. This enables providers to download information directly from the CPAP such as patient use, high mask leaks, snoring, and any apnea the patient experienced during use. A great example of this technology is the Puritan Bennett 420S. This machine is compact and

easily connected to passover or heated humidification. Its size provides simple packing for overnight travels or vacations, and it is also equipped with the internal monitoring system. Size does not compromise comfort, as the Puritan Bennett 420S is practically silent. The Houston Sleep Center carries the 420S as well as other compliance monitoring CPAP machines, some with integrated humidification. To schedule an appointment or demonstration, please contact us.



Puritan Bennett 420S

Weight: 1.54 lbs.

Dimensions: 5.6" width x 7.37" length x 2.9" height

Pressure range of 4-20 cm, Pressure steps of 0.5 cm, Pressure sensor, Automatic altitude compensation, and Adjustable ramp time

Can be used in a car with an adapter (12 V DC)

Source cited:
www.puritanbennett.com

Kids' Corner—“Ask the Sleep Doc” By Todd J. Swick, M.D., Medical Director



Question: *My daughter is 14 years old and has trouble staying awake. We have noticed that she snores and has*

trouble breathing during the night. She has fallen asleep in school and during activities on weekends. My family doctor said this is part of being a teen-ager. Should I be concerned?

Answer: There are many conditions that can cause excessive daytime sleepiness in people of all ages, but when a 14 year old

develops uncontrolled sleepiness, it becomes a significant concern. After a physician obtains a thorough history, they should also complete a full medical evaluation, blood work and physical examination, as well as the overnight and daytime sleep diagnostic procedures to yield the right diagnosis. The medical conditions that can cause sleepiness include:

Narcolepsy, a life-long illness associated with severe sleepiness and sometimes uncontrolled sleep attacks.

Cataplexy, the development of muscle weakness associated with emotional stimuli (usually laughter or joy) and vivid dreams.

Sleep apnea with snoring (children with large tonsils are prone to this).

Delayed Sleep Phase Syndrome, which is present when people tend to go to sleep late and wake up late on their own, and when they have to get up early (for school) they remain asleep for several hours.

These conditions require the expertise of a sleep specialist.

Editor's Note: Information provided here should not be interpreted as medical instruction, please consult your healthcare professional. If you would like to submit a question for our newsletter please fax it to 713.827.8893 or email to

learnsleep@houstonssleepcenter.com.

Arrive Alive — Don't Drive Drowsy By Marilyn Swick, BA, RPSGT



About one-half of adult drivers -- 51% or about 100 million people -- say they have driven a vehicle while feeling

drowsy in the past year, and almost two in 10, (17% or 32 million people), have actually fallen asleep at the wheel, according to the National Sleep Foundation's (NSF) 2002 Sleep in America poll. One percent -- approximately two million drivers -- admit they have had an accident because they dozed off or were too tired to drive.

Most crashes or near misses occur between 4:00 - 6:00 a.m.; midnight - 2:00 a.m. and 2:00 - 4:00 p.m. are also peak times for crashes to occur. Nearly one-quarter of adults (23%) say they know someone personally who has crashed due to falling asleep at the wheel.

Recent research has shown that a person who has been awake for 18 consecutive hours has the same impairment of

judgment and reaction time as an adult with a blood alcohol level of .05. A person who has been awake for 24 hours has a blood alcohol equivalent of .10, which is considered legally drunk in every state.

We must commend the state of New Jersey for its landmark legislation that addresses the dangers of drowsy driving. With "Maggie's Law" New Jersey has given the nation its first law that specifically states that a sleep-deprived driver is a reckless driver who can be convicted of vehicular homicide. Maggie McDonnell was a 20 year old college student in 1997 when a driver crossed three lanes of highway traffic and hit her car head on. Maggie died. The driver admitted he had been awake for 30 hours before the accident, and had also been using drugs. When the case went to trial, the jury deadlocked 9 to 3 for conviction. In the second trial, the defense argued there was no law in New Jersey against falling asleep at the wheel, and therefore, the driver did nothing wrong. The judge did not allow the jury to consider the driver's sleep deprivation; he received a suspended jail sentence and a \$200 fine.

Maggie's mother, Carole McDonnell, was relentless in her efforts to see that justice prevailed in her daughter's memory. If there was no law to punish the man who killed her daughter, she would change that. Her success proves that one person can make a difference. The New Jersey State Senate passed the bill, known as "Maggie's Law", on June 23, 2003. The law establishes fatigued driving as recklessness under the existing vehicular homicide statute (N.J.S.2C:11-5). This legislation overwhelmingly passed both chambers of the state legislature and represents the first bill in the nation to specifically address the issue of driving while fatigued. The bill defines "fatigue" as being without sleep for a period in excess of 24 consecutive hours.

If you would like to be involved in increasing awareness please log on to:

www.drowsydriving.org

Source cited: www.sleepfoundation.org

What's new in clinical research? By Dawn Fanguy, LVN, CCRC

This is an exciting time for sleep research as our field is on the verge of exciting and profound scientific discoveries. The Institute for Sleep Medicine integrates clinical research in our private practice to provide pa-

tients with unique treatment options. Our goal is to improve the quality of sleep and improve the quality of waking life. Volunteering for a Research Study will help provide the pharmaceutical company and the FDA with a more thorough

understanding of the drug's effectiveness and benefits. Patients can gain access to promising drugs long before they are approved for the marketplace.

For more information please call Dawn or Tiffany at 713.465.7066

