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**THINGS TO
CONSIDER:**

- **Antidepressants are the most commonly prescribed medications in the US.**
- **But they may do little to help depressive symptoms if they are caused by an untreated Sleep Disorder**

DEPRESSED? IT MAY BE YOUR SLEEP

You feel like there's no reason to get out of bed anymore. What's the point of all this? You can't get out of this dark cloud. Why is this happening? Will it ever end?

Everyone has felt sad or unmotivated at times in their lives. But while feeling down occasionally is alright, long term depression is not. In the past few decades, Depression has become one of the most commonly diagnosed conditions in the world. Approximately 16% of Americans will suffer from Depression in their lifetimes. It's symptoms can vary from feeling sad and unmotivated to irritability, anxiety, and Insomnia. It is not something people can simply "snap out of" or will away on their own.



There can be many causes for depression such as a chemical imbalance in the brain, traumatic experiences, or physical or psychological diseases. But Sleep Disorders are a cause of Depression that often goes unaddressed in treatment.

There are several sleep disorders which may cause depression-like symptoms. Trouble falling or staying asleep, or "Insomnia", is very common for those suffering from clinical depression. In fact, a study conducted in 2005 by the University of North Texas found that people who suffer from Insomnia have a *ten-fold* risk of developing depression compared to those who sleep well. (SLEEP, Nov 2005) Like the proverbial chicken and the egg, it's hard to pin down which came first. Does the Insomnia result from the depression, or is the depression coming from the lack of sleep? When people are deprived of sleep they often exhibit symptoms such as irritability, hopelessness and sadness, confusion, and loss of libido and energy. All these are also symptoms classically associated with Depression. If you are experiencing Insomnia, know that you are at high risk for developing Depression too. Or if you are being treated for Depression, talk to a sleep specialist about your symptoms.

Another common sleep disorder which may lead to Depression is Obstructive Sleep Apnea. Sleep Apnea is a condition that occurs when the muscles and tissue in a person's airway collapse during sleep, causing sleep disruptions. These sleep disruptions can occur hundreds of times a night and lead to similar symptoms as Depression. Researchers from Stanford found that those who have depression are *five times* as likely to also have Sleep Apnea than those without. But there may be relief for these symptoms that doesn't involve medications. The most effective treatment option for Apnea, Continuous Positive Airway Pressure (CPAP), was found to decrease depression symptoms by 94% after only 1 year of use. (AASM)

If you are feeling any of the symptoms of depression previously mentioned, talk to your doctor. Make sure to bring up any sleep issues you may have and request a referral to a Sleep Specialist. They can conduct simple tests to determine if your symptoms are indicative of a sleep disorder. Treatment of these disorders may actually help solve your depressive feelings and break out of the darkness.

PARKINSON'S MAY BE PREDICTED BY SLEEP DISORDER

Parkinson's Disease is a condition which affects the part of the brain controlling movement. This results in loss of motor control, tremors, rigidity, and problems with balance. Parkinson's gets progressively worse over time and there is no known effective cure. Until now, it has been difficult to know who will develop the disease. Though it usually tends to run down through family lines, this is not a reliable predictor of Parkinson's. Now researchers are looking at another possible way of forecasting the disease: REM Behavior Disorder, or RBD.

RBD is a sleep disorder in which a person physically acts out their dreams while in REM sleep. REM is Rapid Eye Movement sleep, the stage in which the skeletal muscles of the body basically shut down and the brain becomes very active. It is thought that most dreaming occurs during REM sleep and muscles may be deactivated to prevent these dreams from being acted out. But in some people, the system that "paralyzes" these muscles doesn't always function correctly. In these cases, bizarre and sometimes dangerous behavior can be witnessed. Some patients simply wander around completing tasks they would normally do while awake. Others however, may experience more intense dreams and can be seen violently fighting off invisible foes, shouting, and even jumping out windows. For those with RBD, the condition can be difficult but manageable, if precautions are taken to keep them and those around them safe. However, a research project conducted through the University of Minnesota found that 38% of patients diagnosed as having RBD developed Parkinson's or similar neurological disorders within 5 years of the study. Seven years later, the researchers looked at the same group and found that 65% had developed Parkinson's Disease. (SLEEP 25,8) The connection may be that Parkinson's destroys areas of the nervous system associated with Dopamine. This neurotransmitter is involved in the inhibition of muscle movement, therefore lack of it may affect paralysis during REM stage sleep.

Having RBD does not necessarily mean you will develop Parkinson's. It is also important to note that sleepwalking and sleepwalking are not considered related to RBD. These instances are more common in the general population and usually occur during deep sleep stages, not REM. However, if you or anyone you know show symptoms of RBD such as acting out dreams on a regular basis, contact your doctor. For more information on RBD visit www.sleepfoundation.org.

WOMEN AND SNORING

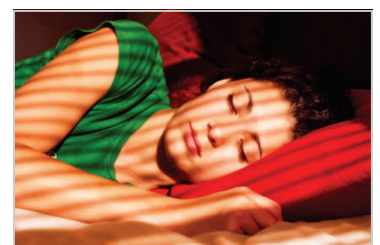
It's not something women like to talk about. It's a subject that never gets discussed on Oprah or The View. But snoring is a sign of a potentially very dangerous condition which can affect the health and wellbeing of women of all ages. Part of the problem of discussing snoring in an open way comes from ingrained ideas of certain gender roles in our society. *"It seems to be much more of a stigma for women to snore, whereas it's accepted and almost expected among men,"* said Dr. Nancy Collop, medical director of the Johns Hopkins Hospital Sleep Disorders Center. *"Perhaps they find it more embarrassing than men."* Many times when you ask people to think about the typical snorer, they picture an overweight man. But it's important to realize, while weight is one contributor, snoring can occur in any individual, regardless of their size or gender. Genetics and the formation of the airway can increase the likelihood of snoring. Snoring is a audible vibration of tissue, caused by partial obstructions of the airway. These obstructions can increase in number and severity over time, leading to apneas, or full obstructions of the airway. Apneas are very detrimental to a person's overall health. If you've been told you snore regularly, don't be embarrassed, take the necessary steps and contact OSA at 503-288-5201.



Dreams have the power to inspire or terrify. Fortunately, they are not reality. But when dreamers act them out, it can be a sign of a very real disease.

"Dreams permit each and every one of us to be quietly and safely insane every night of our lives."

-William Dement



Snoring can occur in any individual and may be a sign of Sleep Apnea.

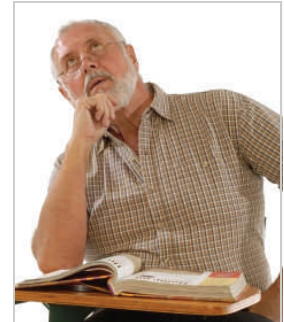
SLEEP APNEA CAUSES MEMORY LOSS, BRAIN DAMAGE

A new research study into the effects of Obstructive Sleep Apnea (OSA) on the brain has yielded insights into how trouble sleeping can hinder memory. The study, conducted by UCLA researchers, used Magnetic Resonance Imaging (MRI) machines to scan the brains of OSA patients. The researchers focused on brain structures called “mammillary bodies”, located on the bottom of the brain. The study found that the mammillary bodies of sleep apnea patients were almost 20% smaller than those in people without sleep apnea. The researchers released a statement detailing their findings, *“Impaired breathing during sleep can lead to serious brain injury that disrupts memory and thinking,”* says Ronald Harper, a professor of neurobiology at UCLA.

Sleep Apnea occurs when a person’s airway partially or fully collapses while asleep. When this happens, the oxygen level in the blood drops, sometimes severely. These obstructions and subsequent O₂ drops can happen literally hundreds of times per night. Harper remarks that the lack of oxygen during an apnea can cause brain cell death. *“The reduced size of the mammillary bodies suggests that they’ve suffered a harmful event resulting in sizable cell loss.”* The same reduction in these memory storing parts of the brain is also seen in people who suffer memory loss from Alzheimer’s and Alcoholism. OSA has also been linked to depression, cardiovascular problems, and stroke risk.

Fortunately, there may be help for those with OSA. A study in the December 2006 issue of the journal CHEST demonstrated that continued CPAP use improves memory function in OSA patients. CPAP is a commonly used device that splints open a patient’s airway using air pressure, allowing them to breathe while asleep. Those who use this therapy for 6 hours or longer per night were almost 8 times more likely to demonstrate normalized memory than those who use it for 2 hours per night.

For more information on CPAP and memory, visit www.oregonsleepassociates.com.



Obstructive Sleep Apnea can severely degrade a person’s memory abilities.

“Impaired breathing during sleep can lead to serious brain injury that disrupts memory and thinking”

OBESITY, CIGARETTE SMOKING, AND HEAVY DRINKING ALL LINKED TO SHORT SLEEP

In recent years, the push to identify causes for Americans’ unhealthy habits has led to blaming everything from genetics to the media to corporate and government conspiracies. But new research suggests that perhaps how much we sleep at night might have more to do with our vices than previously thought. The National Center for Health Statistics (NCHS) recently released a report on the correlation between short sleep times and various lifestyle and health concerns. Among these concerns are the rate of obesity, tobacco use, and excessive alcohol consumption. The results showed that among people who sleep only 6 hours a night, the rate of obesity was 33% compared with only 22% for those who sleep 7 to 8 hours a night. The researchers also found that subjects who sleep less were 3-4% percent more likely to consume at least 5 drinks a day than those who sleep more. However the most startling statistics came from the number of people who smoke cigarettes regularly. Those who sleep 6 hours or less are almost twice as likely to be smokers than those who sleep 7 to 8 hours a night.

Of course these statistics are correlating sleep with behaviors which may be affected by many other situations and lifestyles. Sleep time alone doesn’t account for the decisions people make and the reasons it might are still open for speculation. But these figures do help support the idea that humans regularly need at least 7 to 8 hours of sleep a night to function and stay healthy.

If you would like to learn more about how sleep affects your life, check out the AASM educational website at www.sleepeducation.com



Excessive tobacco use may stem partly from lack of sleep.

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SPOTLIGHT ON OREGON SLEEP ASSOCIATES: LISA ANDERSEN, RPSGT

Lisa Andersen has been working at Oregon Sleep Associates for over 2 years. She started working at OSA after completing her Bachelor's degree in Biology at Linfield College. She enjoys her time at the sleep center, "Working with the patients has taught me a lot about myself," she says, "You get to meet interesting people, hear their stories, and have the knowledge you're helping others." Lisa recently became registered as a Sleep Technologist and plans to utilize her experience thus far to continue in the healthcare field. "I'd like to go back to school to become a doctor or physician's assistant. I might like to continue in sleep medicine. It's growing so quickly and that makes it an exciting field to be in." In her free time Lisa likes to cook, go hiking and running, and travel. She has spent 6 months in Costa Rica learning Spanish and wants to eventually explore more of Central and South America.



Oregon Sleep Associates
Sleep Technologist,
Lisa Andersen