



**INSIDE THIS
ISSUE:**

**TERRORISM
RISK
HEIGHTENED BY
LACK OF SLEEP 2**

**5 MYTHS ABOUT
SLEEP 2**

**BACK TO
SCHOOL: TV AND
KIDS' SLEEP 3**

**WEIGHT LOSS
SURGERY AND
SLEEP APNEA 3**

**SPOTLIGHT ON
OSA: JESSICA
HERNANDEZ
RPSGT 4**

**THINGS TO
CONSIDER:**

- **Approximately 1 in 4 adults have Sleep Disordered Breathing.**
- **Getting tested now may greatly improve your quality of life and your overall lifespan.**

**DYING TO BREATHE: MORTALITY RATE
HIGHER IN PEOPLE WITH APNEA**

By now, many people have heard the risks associated with Obstructive Sleep Apnea: Increased level of cardiovascular problems, higher danger of stroke, and more chance of motor vehicle accidents. People may hear these warnings and find them to be abstract or hard to relate to, but a recent study drives the message home clearly: If you have untreated sleep apnea, you are FOUR times more likely to die.

The study was recently published in the journal *Sleep* and details the 18-year program to evaluate mortality in Sleep Apnea patients. Over fifteen hundred generally healthy people were randomly selected from the population to be in the trial. They were evaluated for many health factors including Sleep Apnea, and their progress was followed by the researchers. The results were astounding: Compared with healthy individuals, people with untreated Sleep Apnea had a four times higher all-cause mortality. Treatment of OSA appears to be associated with lower mortality risk. (*Sleep* 2008) The researchers adjusted for other factors such as obesity, smoking, and age.



Seeking treatment for OSA as soon as possible might save your life.

One of the problems in addressing Sleep Apnea is that many people do not recognize it as a dire health risk. "This is not a condition that kills you acutely. It is a condition that erodes your health over time," said Dr. Michael J. Twery, director of the National Center on Sleep Disorders Research in a CNN interview. (*CNN.com*) Therefore, many people simply let the condition worsen without getting treatment.

Sleep Apnea occurs when a person's airway collapses during sleep, obstructing their breathing. These obstructions can cause a drop in the amount of oxygen in the bloodstream, which in turn causes the brain to react by momentarily waking the patient to a lighter stage of sleep to stimulate breathing. These momentary arousals are not usually noticed by the patient but the effects are devastating over time. Hundreds of awakenings throughout each night degrade sleep to the point at which it is no longer restorative. The stress on the heart caused by the adrenaline-fueled awakenings is enormous. In fact, researchers recently published a study in the *Journal of the American College of Cardiology* showing just how severe the heart attack risk is for Apnea sufferers. They examined a group of people who suffered heart attacks. After dividing patients into two groups depending on diagnosis of OSA, they found thirty-two percent of the OSA patients experienced a heart attack between the hours of midnight and 6 a.m., compared with only seven percent of non-OSA patients. (*NSF*)

These results illustrate all too vividly the dangers of dying from Obstructive Sleep Apnea. If you snore or feel tired during the day, do yourself and your loved ones a favor and get tested for OSA. It just might save your life.

LACK OF SLEEP COULD INCREASE TERRORISM RISK

The job of a Transportation Security Administration luggage screener has to be one of the most tedious and thankless professions. All day long they stare at an X-ray screen with literally thousands of pieces of luggage passing through. Each piece is completely unique, yet they are expected to accurately pick out dangerous objects among the blurry images. Add to that the constant pressure and anger directed towards them by the hoards of annoyed travelers passing through the checkpoints. The job requires constant vigilance and attention to detail, which is why it is especially important that the TSA screeners be well-rested.

However, as research developed by the University of Pennsylvania and the Department of Homeland Security shows, even a one-time lack of sleep can seriously affect the ability to detect threats in luggage. The researchers took 5800 X-ray images of luggage and organized them into batches of 200 slides, 25% of which contained images of weapons hidden in the bags. Then study subjects went through the images on a simulated X-ray terminal. The response rate and times were measured for each subject when they were well-rested and when they had been deprived of sleep. The results were startling; the average detection rate decreased significantly and the false positive rate increased when the subjects were working the night shift or had been sleep deprived. The study authors concluded that *"night work and sleep loss adversely affect the accuracy of detecting complex real world objects among high levels of background clutter."* They go on to caution that in a real world environment *"fatigue in luggage screening personnel may pose a threat for air traffic safety unless countermeasures for fatigue are deployed."* (Sleep 2008)

For more information on Shift Work and how it affects job performance visit the newsletter archive at www.oregonsleepassociates.com.

5 MYTHS ABOUT SLEEP

Myth: Snoring is common, especially among men, but it isn't harmful.

Fact: Although snoring may just sound annoying, it is a major symptom of Sleep Apnea, a potentially life threatening condition which is related to heart disease, strokes, and many other conditions.

Myth: Turning up the radio, opening the window, or turning on the air conditioner are effective ways to stay awake when driving.

Fact: These methods will do little to wake you up on the road. It is best to pull over and take a 15-45 minute nap. Remember, falling asleep for even a couple of seconds behind the wheel can be fatal.

Myth: Teens who fall asleep in class have bad habits and/or are lazy.

Fact: On average teens need more sleep than adults, usually 8-9.25 hours. Unfortunately, early school start times and technological distractions take away from that time and may exacerbate tiredness.

Myth: Daytime sleepiness always means a person isn't getting enough sleep.

Fact: Though this may commonly be the case, daytime sleepiness may also be a sign that the sleep a person is getting is not of good quality. It could be fragmented by an underlying sleep disorder such as Sleep Apnea and should be addressed.

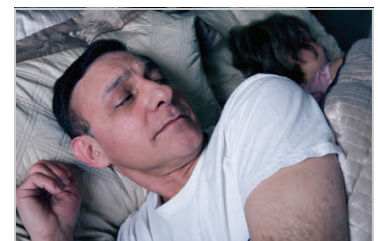
Myth: If you wake up in the middle of the night, it is best to lie in bed, count sheep, or toss and turn until you eventually fall back asleep.

Fact: Most experts agree that if you do not fall back asleep within 15-20 minutes, you should get out of bed, go to another room and engage in a relaxing activity such as listening to music or reading. Return to bed when you feel sleepy. Avoid watching the clock.



Airport security lines can be tedious for travelers and worse for tired screeners.

The TSA screens over 700 million pieces of baggage through US airports every year.



If you wake up at night and can't fall back to sleep within 20 minutes, staying in bed can actually make things worse.

BACK TO SCHOOL: MEDIA IN CHILDREN'S ROOMS

As school starts up and kids head back to the classroom this year, there may be more to keeping them on track than just homework and tests. As reported by the *National Sleep Foundation*, researchers in Israel have found that kids who have a television or computer in their room sleep less during the school year compared with their peers who do not. Researchers followed 444 middle school children with an average age of 14 and found the average bedtime was 11:04 p.m. with a wake-up time of 6:45 a.m. Children who had a television or computer in their room on average went to sleep 30 minutes later. They also spent an hour more than their peers watching television or using the computer. The National Sleep Foundation's 2004 *Sleep in America* poll found that school-aged children are the most likely to have a television in their bedroom at 43 percent; although parents/caregivers report nearly one-third of preschoolers and even 20 percent of infants and toddlers have a television in the bedroom. (NSF 2008)

The presence of televisions or computers in a child's bedroom lends itself to bad sleep hygiene. Sleep Hygiene includes the activities and routines one performs before going to bed. Proper sleep hygiene for children includes practicing a calming ritual such as taking a bath or reading a book. Bad sleep hygiene can include watching television or looking at a computer screen, arguing, or engaging in emotionally stimulating behavior. These activities tend to make a person more alert, change the Biological Clock, and make it harder to fall asleep.

Lack of sleep in children can lead to trouble at school, developmental problems, and obesity. To make sure your children get the best out of this school year, keep the television and computer out of their room and encourage good sleep hygiene. It might not make you popular now, but they will thank you later on.

The National Sleep Foundation offers a wealth of information about sleep and sleep disorders online at www.sleepfoundation.org.



Televisions and computers in kids' rooms may cause many sleep disruptions.

"The amount of sleep required by the average person is five minutes more"

-Wilson Mizener

WEIGHT LOSS SURGERY DOESN'T GUARANTEE IMPROVED SLEEP

Everyone has heard it before, many times we may hear our own voices saying it: "If I could only lose a few pounds..."

Many people today struggle with weight loss and the negative health effects of being overweight. Living with extra pounds often obstructs the airway and results in higher levels of sleep disordered breathing. It is becoming more common to undergo gastric bypass or banding surgeries to lose weight. Unfortunately, just losing weight may not cure Obstructive Sleep Apnea (OSA).

A Belgium university recently published research in *The Journal of Sleep Medicine* regarding the effects of weight loss surgery on Obstructive Sleep Apnea (OSA). The study followed 24 patients with severe OSA who had undergone weight-loss surgery. After one year it was discovered that only one patient's OSA had been resolved by losing weight, but 71% of patients still had the disorder and only six had maintained their CPAP treatment for Apnea.

Any weight loss program should be undertaken with help from a doctor and realistic goals should be set. Losing weight may help reduce the severity of Apnea, but a sleep specialist should determine whether the sleep disorder still remains after surgery.

For more information about Sleep Apnea call Oregon Sleep Associates at 503-288-5201.



Exercise and weight loss are excellent ways of staying healthy, but may not eliminate OSA.

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B E T T E R S L E E P F O R B E T T E R H E A L T H . . .

SPOTLIGHT ON OREGON SLEEP ASSOCIATES: JESSICA HERNANDEZ, RPSGT

Since she started working at Oregon Sleep Associates almost 3 years ago, Jessica Hernandez has brought a lively spark to the sleep lab. Her laid back attitude with patients helps to put them at ease during their stays in the center. *"It's really cool to meet so many different people who come through here",* she says, *"Everyone has their own unique backgrounds and you get to hear some really interesting stories."* She says she also really enjoys the experience of helping people improve their health. *"It can be a pretty dramatic change sometimes. People will walk in at night looking like zombies and walk out the next morning so excited about being able to finally sleep well."*

In her free time Jessica's passion is singing. She has performed at many local jazz and blues clubs and enjoys writing new songs. She also enjoys outdoor activities with her husband and two sons, such as hiking and floating the local rivers in summertime.



OSA Sleep Technologist
Jessica Hernandez