



**INSIDE THIS
ISSUE:**

**AMERICANS
LOSING SLEEP
OVER THE
ECONOMY** 2

**2009 NSF SLEEP
IN AMERICA
POLL RESULTS** 2

**GOOD SLEEP
EQUALS A
HAPPY
MARRIAGE** 3

**LACK OF SLEEP
AND THE
COMMON COLD** 3

**SPOTLIGHT ON
OSA: 80% CPAP
SUCCESS RATE** 4

**THINGS TO
CONSIDER:**

- **As many as 70-80% of patients with Dementia have Sleep Disordered Breathing.**
- **CPAP therapy may help improve cognitive function in AD patients.**

**HOPE FOR TIRED ALZHEIMER'S PATIENTS
NEW RESEARCH INDICATES EFFECTIVENESS OF CPAP THERAPY**

As of 2006 an estimated 26.6 million people in the world have Alzheimer's Disease. By 2050, that number is expected to quadruple. Many now know the pain and stress that comes from watching helplessly as a loved one succumbs to the disease. Fortunately new research into sleep disorders and Alzheimer's may help ease the strain.

Alzheimer's Disease is characterized by a steady decline of mental functions including memory, cognition, and language abilities. Though many theories exist, the exact cause of Alzheimer's is unknown. Currently there is no treatment that can halt or cure the disease and most therapies focus on helping to alleviate some of the symptoms.

Recently a team of researchers based out of the UC San Diego School of Medicine conducted a trial to determine what effects the treatment of Sleep Apnea may have on Alzheimer's patients. Obstructive Sleep Apnea (OSA) is a very common condition in which a person's airway collapses multiple times during sleep, leading to obstructions in breathing, oxygen de-saturations, and fragmented sleep. It is estimated that as many as 70 to 80% of patients with Dementia may have Sleep Apnea.



The most effective treatment for OSA is Continuous Positive Airway Pressure, or CPAP. CPAP works by providing a constant flow of air pressure through a mask which keeps the patient's airway open. The study performed by the UC researchers drew upon previous research that showed it was possible for Alzheimer's patients with OSA to use CPAP to improve their subjective daytime sleepiness. This more recent study sought to determine if Alzheimer's patients' cognitive function could also improve through CPAP treatment. After just six weeks of use the subjects' scores on neuropsychological tests were significantly higher. *"The change in scores for individual tests suggested improvements in verbal learning and memory as well as some aspects of executive function such as cognitive flexibility and mental processing speed,"* says Prof. Sonia Ancoli-Israel PhD, who led the study.

The study lends credence to the practice of addressing sleep related problems when trying to treat Alzheimer's Disease. Though it is not a cure, CPAP may help to slow the rapid decline that exacts a heavy toll on those afflicted by the disease and their caretakers. *"The severity of these sleep disruptions may parallel the decline in cognitive functioning seen in elderly patients with Alzheimer's disease,"* explains Ancoli-Israel. *"While CPAP by no means treats the underlying cause of Alzheimer's disease, by improving patients' sleep patterns, the hope is that their overall cognitive functioning can also improve."*

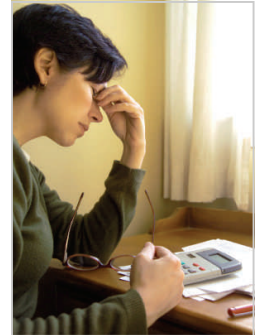
If you are caring for someone who is struggling with Alzheimer's and would like more information about how to get them tested and treated for sleep disorders, please take the time to contact Oregon Sleep Associates at 503-288-5201 or visit www.oregonsleepassociates.com.

1/3 OF AMERICANS LOSING SLEEP OVER THE ECONOMY

Every day seems to bring us more bad news about the economy. Worry over job security and the future of our nation's financial system has hit an all time high. Maybe you'll end up being one of the lucky ones who doesn't get "downsized", "streamlined", or simply "let go". But even if you're not directly hurt by this economic downturn, you may feel its effects in other ways.

As outlined in the *2009 Sleep In America Poll* conducted by the National Sleep Foundation, 1/3 of the nation is literally losing sleep over the problems with the economy. "It's easy to understand why so many people are concerned over the economy and jobs, but sacrificing sleep is the wrong solution," says David Cloud, CEO of the NSF. "Sleep is essential for productivity and alertness and is a vital sign for one's overall health."

Though the economic outlook may be grim at the moment, the National Sleep Foundation encourages Americans to maintain good sleep, exercise, and diet routines to help combat anxiety and improve health and productivity. If you have questions about how to maintain a good sleep schedule or would just like to learn more about sleep in general, visit the NSF at www.sleepfoundation.org.



Worries over the economy & personal finances are keeping 1/3 of Americans up at night.

SURPRISING 'SLEEP IN AMERICA' POLL RESULTS

Each year the *National Sleep Foundation* organizes a nationwide survey to reveal what people's sleep habits are and how they affect their daily lives. This year's results are in and offer interesting facts about Americans' sleep.

The 2009 poll contacted thousands of households via telephone and produced some surprising and alarming results including:

- ◆ Almost one third (27%) say their sleep has been disturbed at least a few nights a week in the past month due to personal financial concerns.
- ◆ About one third (31%) of Americans experience mood difficulties that impact their sleep.
- ◆ The number of people that report they get less than 6 hours of sleep per night on average has increased from 13% in 2001 to 20% today.
- ◆ Insufficient sleepers are significantly more likely to report being unable to do these various healthy activities because they are too tired: Work well & efficiently (21%), Exercise (28%), Eat healthy (23%), Have sex (15%), Engage in leisure activities (30%).
- ◆ About four in ten (42%) agree that sleep is equally important as diet and exercise to overall health and well-being. Yet the average adult is still not getting the amount of sleep they need to function their best and only 32% have ever discussed sleep with a healthcare professional.
- ◆ More than one-half of adults (54%) reported having driven while drowsy at least once in the past year, while almost a third (28%) reported doing so at least once a month.

The NSF urges people to try to maximize the amount of time they sleep and to view sleep as an important part of their overall health. If you would like more information on sleep and how it can affect your health, visit www.oregonsleepassociates.com.

42% of Americans agree sleep is equally important as diet and exercise to overall health.



54% of adults have reported driving while drowsy at least once in the last year.

MARITAL HAPPINESS TIED TO SLEEP DISTURBANCES

You cannot have a happy marriage unless both partners are happy. Unfortunately, many marriages today are suffering unnecessarily as a result of bad sleep. Whether it's loud snoring, restless legs, or an insomniac in the bed, sleep disruptions can lead to a grumpy spouse.

But just how much a lack of sleep affects a marriage was recently clarified by a report in the journal *Behavioral Sleep Medicine*. The study was conducted by researchers at the University of Pittsburg and utilized findings from the *Study of Women's Health Across the Nation*, a multi-site, multi-ethnicity study made of 2,148 participants. The researchers measured marital satisfaction using the Dyadic Adjustment Scale, an instrument commonly used by relationship counselors. After comparing these results with reported sleep disturbances, they found that happily married women tend to have fewer sleep disturbances.

Disrupted sleep has also been previously connected with depression, obesity, and many other health problems. Considering the rate of divorce is now near 50% in the US, couples who want to maintain a healthy relationship should make sure they take their partner's sleep into account. If you or your partner are having trouble sleeping, it is a good idea to consult with a sleep specialist about what to do. They can offer suggestions about how to improve your sleep hygiene if behavior is a problem. Sleep specialists can also conduct tests to determine whether sleep disruptions are related to a more serious sleep disorder such as Sleep Apnea. For more information or to schedule a sleep consultation contact Oregon Sleep Associates at 503-288-5201.



A partner who disturbs your sleep can create strife in any relationship.

LACK OF SLEEP INCREASES COLD RISK

Every winter, stores and pharmacies across the country stock up their shelves with extra medications to prepare for the onset of cold and flu season. Just a few enter slowly at first, then more and more until the hordes of red nosed, sore throated sufferers swell the aisles in search of some sort of relief.

But maybe the answer lies not in a pill or cough syrup but rather in your own bedroom. As reported by the *BBC*, a research team from Carnegie Mellon University recently studied whether sleep can affect a person's chances of catching a cold. The study used 153 healthy volunteers and interviewed them regarding their standard sleep patterns. Then the subjects were administered nasal drops which contained rhinovirus, the cause of the common cold. After quarantining them for a period, samples of mucus and blood were examined for antibodies produced by the body to fight infection.

The results were startling. Subjects who spent less time in bed asleep were five and a half times more likely to become ill than those who spent almost all their time in bed asleep. The researchers believe a lack of sleep may disturb regulation of important chemicals produced by the immune system to fight infection. *"I do believe there is enough information on this to indicate that lack of sleep or sleep disturbance will reduce our resistance to infections such as colds and flu"*, comments Prof. Ron Eccles of the University of Cardiff's Common Cold Center.

Though an apple a day may still help keep the doctor away, next cold and flu season a good night's sleep could be more important to keeping you healthy.

"When I woke up this morning my girlfriend asked me, 'Did you sleep good?' I said, 'No, I made a few mistakes.'"

-Steven Wright



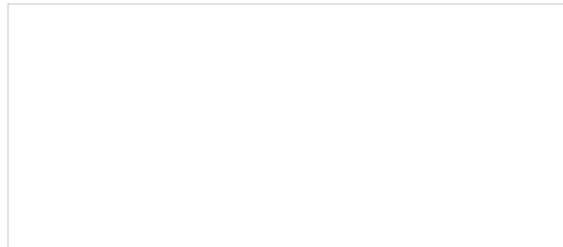
Not sleeping can make you more susceptible to catching a cold.

**2228 NW PETTYGROVE
SUITE 150
PORTLAND, OR 97210**

**PHONE: 503-288-5201
FAX: 503-288-0151
E-MAIL:
admin@oregonsleepassociates.com**

We're on the Web!

WWW.OREGONSLEEPASSOCIATES.COM



ACCREDITED
MEMBER CENTER



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: OSA'S PATIENTS ACHIEVE AN 80% CPAP SUCCESS RATE

Starting CPAP therapy can be a difficult transition for many people and overall compliance is commonly quoted at 50%. On the one hand, it is currently the most effective treatment for Obstructive Sleep Apnea. But no matter how beneficial CPAP is, there is still a strong stigma against it in the minds of many people. Many think of it as loud, intrusive, and uncomfortable. While these words may have described the very first machines and masks, modern CPAP is portable, quiet, and comfortable.

Still, it can be hard for some to take the steps needed to improve their sleep. At Oregon Sleep Associates, professionals work hard to help patients achieve success with their therapy and it shows. The American Academy of Sleep Medicine accredited sleep center in Northwest Portland recently organized a survey to ascertain the success rates of their patients. Fifty patients with a diagnosis of Sleep Apnea were randomly chosen from the population. The patients had received CPAP equipment from OSA's in-house Durable Medical Equipment office. All were sent surveys relating to their CPAP usage and satisfaction. Among responders, 80% use their CPAPs 6-7 hours a night and for at least 5 nights a week. Of the 80%, those with the moderate to severe Sleep Apnea are most inclined to use the therapy with 86% of them currently using CPAP. All who use the therapy have felt it has positively changed the quality of their lives. Many of those who are no longer on CPAP have switched to different treatments, such as an oral appliance.

Jason Cowlshaw, DME coordinator, thinks OSA's success rate stems from how patients are initially introduced to CPAP and their follow-up care. "You can't just slap a CPAP on someone and expect them to want to use it once they get home", he says, "We make sure to ease them into the process. Our night crew is great about getting the correct pressure and then the next morning we can usually set them up right here before they leave." He explains that follow-ups with the patient are just as important as their first time in, "Many of the people who work here use CPAP themselves, so we know how challenging it can be. That's why I follow up at least three times in the first few weeks after somebody receives a machine. We make sure the patient knows that if they need anything at all or if they're struggling, we're here to help."