Dr. Rifkin To Be Named President of NYS Sleep Society. Neurologist and SMC medical director Dr. Daniel I. Rifkin recently took office as president of the New York State Society of Sleep Medicine. Continued on page 2.

Ash 20th Meeting A Success. Doctors Block and Rifkin contributed to sleep apnea research lead by Marilou I. Ching, M.D. The research was presented at the Ash Annual Scientific Meeting May 13, 2005 in San Francisco. The abstract has been posted to the Sleep Medicine Centers website.

Behavioral Sleep Medicine Program. For help with insomnia, stress-related sleep changes, or adjusting to shift-work call SMC for an appointment with the Behavioral Sleep Medicine Program.

Sleep Education Center. Visit the SMC website for a wealth of information about sleep, our services, staff, and facilities: www.sleepmedicinecenters.com.

SMC on Local TV. Local television talk show AM Buffalo will feature the physicians of Sleep Medicine Centers of WNY on a monthly basis, as part of their health programming. Dr. Sandra Block appeared July 12 to discuss pediatric sleep apnea. AM Buffalo can be seen weekday mornings on WKBW (channel seven).

Dr. Daniel Rifkin appeared on WGRZ Evening News July 13 to discuss sleep disturbance.
Vacationing, Driving, & Sleep

As the hospitable-to-life season once again approaches Western New York, area snowbirds scurry to fit trips to the beach, long hours at the park, and summer vacations into just a few short months. With so many of us on the road, we might want to consider the benefits of a good night’s sleep.

The medical profession has been telling us about the relationship between poor sleep and poor performance for more than a decade. Yet, we still work, play, and drive while drowsy. Conservative estimates by the National Highway Traffic Safety Administration (NHSTA) reveal drowsy driving as the cause of at least 100,000 automobile crashes, 71,000 injuries, and 1,550 deaths each year. This shouldn’t come as news—more than half of all drivers (51%) admit to having driven while drowsy. Unfortunately most people do not know how tired they really are, or how daytime sleepiness affects them. How many of us have assumed that we “can handle it” after a long work shift, or when heading toward a short summer getaway?

Some indications that a driver should stop driving and rest:
- yawning, heavy eyelids, frequent blinking, feeling restless and irritable
- difficulty focusing, daydreaming, wandering thoughts
- difficulty remembering the last few miles/minutes of travel
- drifting from your lane, tailgating, or hitting the shoulder of the road
- feeling tired!

To avoid tiredness, drivers can take measures such as resting beforehand, scheduling breaks, and avoiding alcohol.

See Arrive Alive! below. Of course, daytime tiredness not only impairs driving of road vehicles, but also watercraft, such as runabouts and speedboats.

This summer adequate rest may not only save your life on congested highways, but keep you from heading to court, or prison. Our neighbors in New Jersey recently took action against drowsy driving by enacting Maggie’s Law, which defines drowsy drivers as reckless drivers—who can be convicted of driving felonies including vehicular manslaughter. A similar law is pending in New York, among other states.

Whether all drowsy driving equates to criminal behavior remains controversial. Some drivers cannot sense a level of tiredness capable of causing an accident; others may have undiagnosed sleep disorders which may not be obvious to them. The greater goal of Maggie’s Law is to increase awareness of drowsy driving and provide measures to prevent it.

The greater goal of Sleep Medicine Centers of WNY is to provide education about the multitude of consequences associated with inadequate sleep, and to treat those with individual sleep problems. For more about sleep, visit our website at: www.sleepmedicinecenters.com, or for information about a sleep consultation call (716)92-DREAM.

Arrive Alive! 10 Summer Travel Tips

Before Hitting the Pavement:

1. First, get a good night’s sleep (8 hours for most people).

2. Travel with a companion or someone to share the driving.

3. Schedule rest breaks every 100 miles or two hours.

4. Avoid alcohol, sedating medications, or new medications which may have unfamiliar side effects.

5. Know the warning signs of fatigue and watch for them while either you or a companion is driving. See Vacationing, Driving, and Sleep, above.

While Traveling:

6. After a long day of driving or when tired, stop at a nearby exit and find a place to sleep for the night.

7. To refresh yourself in the midst of a driving cycle, stop at a rest area and take a 15-20 minute nap.

8. Consume caffeine. If taken immediately prior to a 20 minute nap, caffeine will take effect soon after the nap. However, caffeine ingested in the evening will interfere with nighttime sleep.

9. Pace yourself when driving for more than a full day. Taking the time to rest at night will allow for more wakefulness over time than attempting to extend each day with caffeine.

10. Maintain young children’s sleeping and eating schedules; they are less tolerant of change than older children and adults.
Dr. Rifkin Named President of Sleep Society

Continued from page 1.

Since its inception in 1999, The New York State Society of Sleep Medicine (NYSSSM) has sought to promote the legal and professional advancement of the field of sleep medicine in the state of New York. As president, Dr. Rifkin will draw upon a decade of experience in the field of sleep medicine to confront current issues. “The business of sleep medicine directly impacts how sleep medicine practices are able to treat patients,” remarked Dr. Rifkin.

Rifkin added that sleep disorders centers must maintain a high professional standard for a unique group of professionals. For example, physicians must add Sleep Disorders Medicine to an existing specialty, such as Neurology or Pulmonology. As well, sleep (PSG) technicians, who conduct sleep studies, require specific training which is regulated by the field of sleep medicine and by the greater medical profession. These goals must be realized in the context of serving thousands of patients.

Dr. Rifkin’s term will last one year, during which time he will continue to see the many patients who comprise his own practice. “I’m sure that I will do as much learning as leading,” he added.

Young Drivers especially males under 26 years old

Shift Workers (those who work 2nd or 3rd shift, or rotating shifts)

Those who work long hours or more than 60 hours per week

Commercial Drivers, particularly long haul drivers

Those with undiagnosed or untreated sleep disorders

Business travelers, who may drive long hours or experience jet lag

Summer & Sleep

Whether summer vacation brings you to a new time zone, late night beach party, or neighborhood barbecue, remember: the tendency to eat more, consume more alcohol, ingest caffeine, and go to bed later, allow similar injustices for your children. Can negatively impact sleep for the whole family. Enjoying life’s pleasures in moderation and making room for sleep can make for a more pleasurable summer.

Seasonal Sleep Issues

Perhaps you do not have a “sleep disorder” like sleep apnea or narcolepsy, yet certain conditions such as weather and travel seem to make a good night’s sleep nearly impossible. Sleep disturbance related to the summer season sometimes stems from:

heat
travel
changes in normal routine
allergies

The physicians of Sleep Medicine Centers of WNY take all sleep problems seriously. If you have a chronic sleep problem or one that appears intermittently, and that problem interferes with your life, contact SMC for an evaluation:

(716)92-DREAM. For more information about our services or about sleep disorders, visit our website at: www.sleepmedicinecenters.com

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Many of the 18 million Americans with sleep apnea fail to recognize their characteristic snoring as symptomatic of a serious disorder. Not all snoring indicates obstructive sleep apnea (OSA) and not everyone with sleep apnea snores. However, all snoring should be investigated, and so should related symptoms, particularly if they appear together:

- snoring; gasping or choking noises during sleep
- daytime tiredness
- headache, tiredness, or dry mouth upon awakening
- high blood pressure, being overweight, or a neck size greater than 17 inches in diameter

If these symptoms sound familiar, contact SMC for an evaluation. You may also want to visit your doctor. OSA sometimes accompanies other problems—such as high blood pressure and excessive body weight, which require attention from a primary doctor or other specialist. If sleep apnea is suspected, either you or your physician can request a sleep disorders evaluation. SMC will accept appointments without a referral, if allowed by insurance.

After an initial examination by a sleep disorders specialist, an overnight sleep study will be performed at one of our three sleep labs. You may be able to tour the study will be performed at one of our three

An overnight visit for a sleep study for sleep apnea lasts about 9 hours (from approximately 8:00 p.m. until 6:00 a.m. any night of the week). The actual study takes six hours and involves a test called polysomnography or PSG. The PSG measures body functions during sleep, including changes associated with sleep apnea. However, don’t expect too much sleep! See article on page five. If sleep apnea is discovered during the first half of the study, you may be asked to try a C-Pap machine to aid with your breathing during the second half of the night (sometimes referred to as a split-night study). Sleep studies are the only conclusive test for sleep apnea, although other tests may be prescribed, such as imaging studies to detect structural abnormalities.

Treating Sleep Apnea. Treatment depends on the underlying cause of the sleep apnea. Some structural abnormalities (enlarged tonsils or adenoids, jaw malformations, or blocked sinus cavities) may be completely or partially corrected with surgery. Surgery for OSA is generally performed by an Ear, Nose and Throat Specialist (ENT), or by an oral surgeon. Tonsillectomy, adenoidectomy, and uvuloplasty name just a few surgeries. Dental appliances worn in the mouth during sleep may be recommended for certain structural abnormalities of the airway.

The majority of sleep apneics require long-term therapy with a C-Pap machine to aid with their breathing during sleep. Sleeping with a mask over one’s nose, attached to a hose, that leads to a machine, involves a period of adjustment! Alas, this trail of equipment forces the airway open so oxygen can reach the lungs, and most C-Pap users not only get used to their breathing apparatus but find a dramatic improvement in their sleep...and the sleep of those in earshot range of their snoring.

SMC staff works with respiratory therapists, who assist patients with their use of C-Pap machines. Call any SMC location for a sleep apnea evaluation at (716)92-DREAM.

At the News & Events podium:

Sandra A. Block, M.D.
Neurologist and SMC sleep specialist Dr. Sandra Block has treated both adults and children for sleep apnea and other sleep disorders.

Q. I’ve been snoring for years. Can’t I just assume it is not a problem if I’m not falling asleep during the day?
A. No. Although snoring does not always indicate sleep apnea, it should still be investigated. Some of the long-term effects of OSA (high blood pressure, heart disease, and obesity) may not be obvious to you. High blood pressure, often referred to as the silent killer, has no symptoms. Such dangerous consequences may be present even though you might feel able to “manage” your tiredness.

Q. Can children develop OSA? My daughter began snoring a few months ago. She also has allergies this time of year.
A. Yes. Sleep apnea develops in 1-3% of children. As with adults, chronic childhood snoring should be investigated. The most likely culprit-enlarged tonsils.

Young children’s tonsils tend to be large in comparison to their throat, peaking at around age five. For this reason, tonsillectomies resolve the majority of cases of childhood sleep apnea.

Obesity, asthma, allergies, facial or airway deformities, and even temporary illnesses such as upper respiratory infections may also contribute to childhood temporary or chronic OSA. It is always important to treat underlying problems associated with sleep apnea as well.

Our next issue will feature several articles about Pediatric Sleep Issues.
So you’ve already been to the sleep center for a consultation. The staff seems nice but now they want you to have an overnight procedure called a sleep study. Relax! Sleep disorders centers and their rituals legitimately diagnose and treat more than 80 sleep disorders and many more problems that interfere with normal sleep.

Sleep Studies-FYI. A sleep study is the most reliable mechanism for identifying sleep disorders because it measures changes in brainwaves and other body functions specifically associated with sleep. Two main tests may comprise your sleep study:

- **POLYSOMNOGRAM (PSG):** a measurement of sleep activity including brainwaves (EEG), eye movement (EOG), muscular activity (EMG), and heart rate (EKG) during the course of a night’s sleep.
- **MULTIPLE SLEEP LATENCY TEST (MSLT):** polysomnogram measurements during planned daytime naps, given the day after a PSG (for the diagnosis of narcolepsy and certain types of sleep disorders).

**Prerequisites.** Prior to the sleep study, SMC will send along a packet of information including an exact schedule, a packing list, a questionnaire about recent sleep habits, and a sleep log to record your exact sleep habits in the two weeks prior to the study. This information provides a context for the sleep study, which will aid the diagnostic process.

### During the Study

During the Study, PSG technicians or professionals trained to conduct sleep studies will attach electrodes which measure brainwaves, muscular activity, breathing and heart rate to the scalp, face, eyes, arms, legs, and chest. A small clip called a pulse-oximeter will then be attached to your index finger to measure blood-oxygen levels. Finally, video recordings provide a reference point for sleep movements. Computerized equipment translates information from the electrodes into measurable wave forms. You will be asked to sleep as normal while technicians quietly monitor the study in a nearby room.

Within a few weeks, a PSG technician will score or interpret the results of the sleep study, which will be used by your sleep specialist to complete a diagnosis. Sleep studies are neither invasive nor painful. Results of the sleep study and recommendations for treatment will be discussed during a follow-up visit to the sleep center or with your doctor. SMC also provides treatment services or follow-up care for some sleep disorders.
According to the National Sleep Foundation:

- 51% of Americans admit to driving while drowsy.
- 30%-40% of heavy truck accidents result from driver fatigue.
- 60% of 18-29 year olds have driven while drowsy, with 24% reporting that they dozed off at the wheel in the last year.
- 13% of young adults admit to falling asleep at work.
- Parents of young children lose an additional hour of sleep per night—compared to their sleep-deprived childless counterparts!

Research Initiatives:

Open Studies:

- “A Randomized, Double-Blind, Placebo-Controlled Study to Assess the Subjective Response to Treatment with Ramelton (TAK-375) in Adult Subjects with Chronic Insomnia By Utilizing An Interactive Voice Response System (IVRS) For Collecting Diary Data”
- “Evaluation of the Long Term Efficacy and Safety of Zolpidem-MR 12.5mg Compared to Placebo, When Both Are Administered Over A Long Term Period "As Needed", in Patients with Chronic Primary Insomnia” (A randomized, double-blind, placebo-controlled, parallel group, multicenter, phase IIIb clinical study)

To view abstracts or for more information, visit our website at:

www.sleepmedicinecenters.com/research.html

or contact (716)92-DREAM for more information
Summertime, travel, and sleep: Catch some ZZZ’s before you flee!

Summer Solstice is June 22.

Dr. Sandra Block will appear on AM Buffalo (10:00am, July 12, 2005 WKBW and again in mid-August).

Need to schedule an appointment? Clinic services are available Mon.-Fri., 9am-4pm. Sleep studies may be scheduled any night of the week, except some holidays.