

INSOMNIA

How you cope with stress could be to blame

How do you cope with the stress of your obstructive sleep apnea and CPAP? Your answer may be the difference between a restFUL and restLESS sleep.

A new study, released by the Sleep Disorders & Research Center at Henry Ford Hospital in Detroit, researched the effect stress has on ability to fall and stay asleep.

The study found those in a stressful situation (like OSA diagnosis and CPAP treatment) dealt with the stress through behavioral disengagement or self-distraction. These coping techniques augmented the relationship between stress and insomnia.

Furthermore, the research found the more you think about your stressor – your CPAP – the more likely you are to experience insomnia.

“Our study is among the first to show that it’s not the number of stressors, but your reaction to them that determines the likelihood of experiencing insomnia,” said lead author Vivek Pillai, PhD. “While a stressful event can lead to a bad night of sleep, it’s what you do in response to stress that can be the difference between a few bad nights and chronic insomnia.”

The study

The study involved a community-based sample of 2,892 good sleepers with no lifetime history

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PPD: Protecting Professional Drivers is a production of Precision Pulmonary Diagnostics, specializing in premium news and analysis on sleep apnea for the commercial trucking industry, and is published 2-4 times a year.

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Precision Pulmonary Diagnostics (PPD), provides professional screening for drivers who are at risk for sleep apnea. This is a HIPPA-compliant, online tool customized to a company's requirements.

Once a driver has been diagnosed with sleep apnea, PPD will provide local diagnostic services with the ease of Web-based scheduling and quick, reliable turn-around – from diagnosis to treatment.

Drivers who require treatment will be fitted for and provided with a CPAP mask, flow generator, and heated humidifier for nightly use.

In order to ensure drivers are using their masks correctly, PPD has partnered with a leading manufacturer of CPAP equipment, masks, and the only provider of a patented wireless compliance monitoring system.

The wireless compliance monitoring system provides daily information of CPAP use, efficacy, and allows real-time troubleshooting of any problems your drivers may be experiencing. With this data, we can enhance your drivers' CPAP acceptance and long-term compliance. In short, our protocols can maximize your results and your return on investment.

Dear Readers,

PPD and I would like to take time out to thank the talented clinicians that service our drivers on a daily basis as they adjust to a new diagnosis of obstructive sleep apnea. These clinicians are exclusively trained to help commercial drivers with their new CPAP therapy.

PPD's team recognizes that a new diagnosis of sleep apnea can bring about uncertainties as is the case with any new medical diagnosis. Having worked with over 7200 commercial drivers, PPD is aware of the unique concerns that are inherent to a commercial driver's everyday life on the road.

PPD clinicians will be with you every step of the way as you adjust to CPAP therapy. As trained respiratory specialists they can work with you towards optimal comfort and compliance. Their goal is to improve your health, safety and productivity. PPD clinicians will get you to the optimum level of compliance as you work together towards those goals along with passing the sleep apnea portion of your DOT exam.

Remember, many of the medical conditions that often coexist with sleep apnea (high blood pressure, diabetes, heart disease, respiratory concerns) are often improved once you are compliant with CPAP therapy. Your body is getting the benefit of improved oxygen levels and the healing that brings about.

Stay safe. Here's to your Health,

Wendy Sullivan, RN
Precision Pulmonary Diagnostics LLC

Follow PPD



How tired is too tired?

Know the signs of drowsy driving

The AASM recommends that you pull over if you have any of the following warning signs of drowsy driving:

- You keep yawning or are unable to keep your eyes open.
- You catch yourself “nodding off” and have trouble keeping your head up.
- You can’t remember driving the last few miles.
- You end up too close to cars in front of you.
- You miss road signs or drive past your turn.
- You drift into the other lane of traffic.
- You drift onto the “rumble strip” or onto the shoulder of the road.

“Rolling down the windows or turning up the music will do little to increase your alertness while driving,” said Dr. Timothy Morgenthaler, president of the American Academy of Sleep Medicine. “You can drink coffee for a short-term energy boost, but if you catch yourself drifting into other lanes or nodding off, it’s absolutely time to pull over and take a nap. There is no substitute for sleep.”



4.2 percent of drivers have fallen asleep while driving in the past 30 days.
 – Centers for Disease Control and Prevention

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of insomnia. At baseline, the participants reported the number of stressful life events they had in the past year, such as a divorce, serious illness, major financial problem, or the death of a spouse.

They also reported the perceived severity and duration of each stressful event. Questionnaires also measured levels of cognitive intrusion and identified coping strategies in which participants engaged in the seven days following the stressful event.

A follow-up assessment after one year identified participants with insomnia disorder, which was defined as having symptoms of insomnia occurring at least three

nights per week for a duration of one month or longer with associated daytime impairment or distress.

According to the authors, the study identified potential targets for therapeutic interventions to improve coping responses to stress and reduce the risk of insomnia. In particular, they noted that mindfulness-based therapies have shown considerable promise in suppressing cognitive intrusion and improving sleep.

“Though we may not be able to control external events,” Pillai said, “we can reduce their burden by staying away from certain maladaptive behaviors.”

How to cope with your OSA diagnosis

A diagnosis of sleep apnea is met with an array of emotions, paralleling the stages of grief: Denial, Anger, Bargaining, Depression and lastly Acceptance. How do you increase your chances of CPAP success?

- Admit you need the treatment.
- Become knowledgeable about the condition and treatment. Read, study, research and ask experts.
- Be honest about your condition with family to build accountability.
- Avoid falling into the trap of self-pity. Talk about your feelings with a support group or therapist.
- Create positive self-affirmation when you feel frustrated or discouraged.

For tips on improving sleep health, see Page 5

Poor sleep linked to cognitive decline

Fragmented sleep could age your brain quicker

A new study of older men found a link between poor sleep quality and the development of cognitive decline over three to four years.

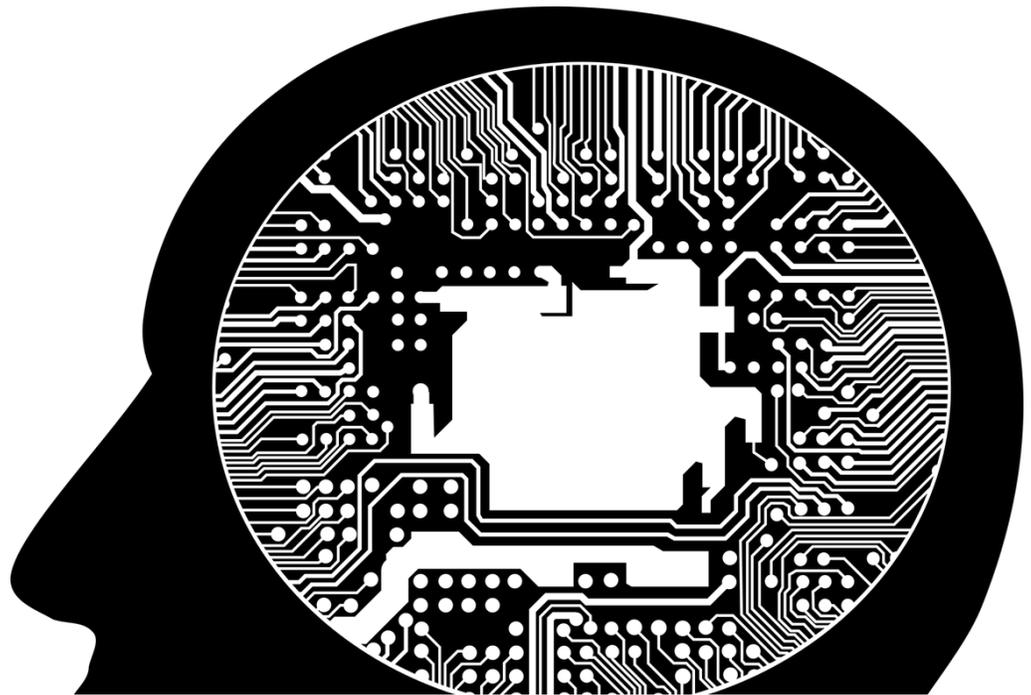
Results show higher levels of fragmented sleep with a 40-50 percent increase in the odds of clinically significant cognitive decline – about the same as aging five years. In contrast, the amount of sleep was not related to cognitive decline.

“It was the quality of sleep that predicted future cognitive decline in this study, not the quantity,” said lead author Terri Blackwell, MA, senior statistician at the California Pacific Medical Center Research Institute (CPMCRI) in San Francisco, Calif.

The study involved 2,822 community-dwelling older men at six clinical centers in the U.S. Participants had a mean age of 76 years.

An average of five nights of objective sleep data were collected from each participant using a wrist actigraph. Cognitive function assessment included evaluation of attention and executive function, which is the ability for planning or decision making, error correction or trouble shooting, and abstract thinking.

The underlying mechanisms relating disturbed sleep to cognitive decline remain unknown, the authors noted.



5 WAYS TO MAXIMIZE YOUR COGNITIVE POTENTIAL

- 1. Learn something new.** Look for new ways to engage your brain – take up a new instrument, paint, go to a museum. You create new synaptic connections with each new activity, which build on each other, increasing your neural activity.
- 2. Challenge yourself.** To keep your brain making new connections, move to another challenging activity as soon as you master the one you are engaging in. You want to be in a constant state of slight discomfort, struggling to barely achieve the goal.
- 3. Practice creative thinking.** Creative cognition involves divergent thinking, making remote associations between ideas, switching back and forth between conventional and unconventional thinking. This thinking generates original ideas that are appropriate to the activity you are doing.
- 4. Do things less efficiently.** Put away the technology that makes life more convenient once in awhile (dishwasher, calculator, etc) and do the task the “hard way.” You are developing your problem-solving, spatial, logical, and cognitive skills.
- 5. Find friends with no similar interests.** Be around people different than yourself to open new opportunities for cognitive growth. You have the opportunity to see problems from a new perspective, or offer insight in ways that you had never thought of before.



When you can't sleep

Falling asleep

- Spend 30 minutes before bed winding down.
- Disconnect from electronic devices.
- Do a breathing or relaxation exercise.
- If you cannot fall asleep after 20 minutes, go to another space in the house. Lying in bed awake creates an unhealthy link between your sleeping environment and wakefulness.
- Wake up at the same time every day. This can help adjust your body's clock and aid in falling asleep at night.

Getting back to sleep

- Avoid alcohol close to bedtime. This can promote wake-ups.
- Make sure your sleep environment is quiet and dark throughout the night.
- If you are unable to fall back asleep, go to another space in the house.

Avoid waking up early

- Make sure your sleep environment is quiet and dark throughout the night.
- Practice a simple breathing exercise.



 NATIONAL SLEEP FOUNDATION

The National Sleep Foundation unveiled a new sleep journal dedicated to better understanding the health benefits of sleep.

The Journal of the National Sleep Foundation: Sleep Health will help facilitate the exchange of ideas among the medical community, specifically social scientists and population health experts with an interest in sleep.

- National Sleep Foundation

OSA severity impacts resistant blood pressure meds

That blood pressure medication may not help if you have obstructive sleep apnea, according to a new study.

Research determined a strong association between severe, untreated OSA and the risk of elevated blood pressure despite the use of high blood pressure medications.

The analysis involved 284 participants, of which 73 were prescribed an intensive antihypertensive regimen. The patients had cardiovascular risk factors or established heart disease along with moderate or severe obstructive sleep apnea.

"Our findings suggest that severe obstructive sleep apnea contributes to poor blood pressure control despite aggressive medication use," said first author Dr. Harneet Walia, assistant

professor at the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University. "This is an important finding from a clinical perspective as poor blood pressure control in patients taking multiple antihypertensive medications makes them particularly vulnerable to increased cardiovascular risk."

Dr. Timothy Morgenthaler, president of the American Academy of Sleep Medicine, agreed.

"High blood pressure resistant to treatment with medications is a strong warning sign for the presence of obstructive sleep apnea," he said.

"Over one-third of patients with hypertension and nearly eight out of 10 patients with treatment resistant hypertension have OSA."



Walia explained, even under the close care of a cardiologist, severe levels of obstructive sleep apnea versus a moderate level of OSA appear to be contributing to suboptimal blood pressure control.

The American Academy of Sleep Medicine reports that about 80 percent of people with drug-resistant high blood pressure have obstructive sleep apnea.