

# Sleep Times



## Did You Know

### In this Issue:

- **Message from the President**
- **Short, Long Sleepers More Likely to Die of Heart Disease**
- **Short Sleep Linked with Diabetes Risk**
- **Loss of Deep Sleep May Increase Type II Diabetes Risk**
- **Less Sleep Linked with Weight Retention for New Moms**
- **Sleepiness and Low Dose of Alcohol Severely Impairs Driving**

---

## Message from the President

Research in the field of sleep medicine has suggested that lack of adequate sleep affects our health, safety and performance. Following are several studies highlighted in the [National Sleep Foundation's, NSF Alert](#), that provide new information about the importance of sleep and the negative effects of sleep deprivation.

Sincerely,  
Mary O'Sullivan  
President

### *How to Erase Sleep Debt (Unless Chronically Sleep Deprived)*

*With 4 hours sleep debt  
over several nights...  
We need 1 night of quality  
sleep for 8 hours*

*With 6 hours sleep debt  
over several nights...  
We need 2 nights of  
quality sleep for 8 hours*

## Short, Long Sleepers More Likely to Die of Heart Disease

Dr. Francesco Cappuccio, a British researcher, has found that people who do not get enough sleep are more likely to die of all causes, especially heart disease. Dr. Cappuccio and his team studied the sleep and health of more than 10,000 civil servants aged 35-55 for 17 years.

They found that those who regularly sleep less than five hours, or more than nine hours per night, had a 1.7-fold increase in death rate from all causes and more than double the risk of death due to heart disease. "A third of the population of the UK and over 40% in the U.S. regularly sleep less than five hours a night, so it is not a trivial problem," Dr. Cappuccio told Yahoo! News.

Adapted from: *NSF Alert*, September 25, 2007

### *The Value of Sleep*

- Feel better
- Have more energy
- Get more done
- Think more clearly
- **Live life more safely**
- Have better relationships
- Enjoy life more...

### *When you get enough sleep!*

### *Alertness Dangers for Those Awake Long Hours*

*Awake for 17 consecutive hours...*  
Experience the same symptoms as those who have a .05% blood alcohol level

*Awake for 24 consecutive hours...*  
Experience the same symptoms as those who have a .10% blood alcohol level

1997 Study: Dawson and Reid, Center for Sleep Research, University of Australia

## Short Sleep Linked with Diabetes Risk

Previous research suggests that sleep problems such as obstructive sleep apnea are associated with an increased risk of diabetes. Now, new research reveals that sleeping too much or too little may contribute to the onset of diabetes.

The study was based on a decade-long analysis of health data for nearly 9000 adults, 430 of whom developed diabetes during the course of the study. According to the data, participants with average sleep durations of five hours or less, and those with average sleep durations of nine hours or more, were significantly more likely to develop diabetes.

The study authors conclude that short sleep duration may be a risk factor for diabetes and that long sleep may also increase diabetes risk, possibly because of poor sleep quality.

Adapted from: *NSF Alert*, December 11, 2007

## Loss of Deep Sleep May Increase Type II Diabetes Risk

Sleep patterns change as we age, with older adults showing decreased amounts of slow wave sleep (SWS), the deepest and restorative stage of sleep. Evidence suggests that loss of deep sleep is also common among obese adults, possible due to sleep disordered breathing, such as snoring and obstructive sleep apnea.

Now a new study by University of Chicago finds that loss of deep sleep may also be associated with an increased risk of developing type II diabetes. The study focused on nine healthy adults between the ages of 20 and 31 who were repeatedly disturbed as they entered deep sleep, so that they re-entered a lighter stage of sleep.

After three consecutive nights, glucose tests revealed that the subjects' insulin sensitivity had decreased by about 25%, and that the decline was most pronounced in those who had the least amount of deep sleep. The researchers conclude that strategies to improve sleep may help to prevent or delay the onset of type II diabetes in populations at risk, such as obese and older adults.

Adapted from: *NSF Alert*, January 15, 2008

## Less Sleep Linked with Weight Retention for New Moms

Two of the biggest challenges for many new moms are weight loss and adequate sleep. Now there is new evidence suggesting that mothers who skimp on sleep are more likely to hold on to the weight they gained during pregnancy.

A study of 940 women revealed that those who regularly slept five hours of less per day were three times more likely to be carrying eleven extra pounds at their baby's first birthday, than those who slept seven hours per day. These results suggest that getting enough sleep may be just as important as diet and exercise for moms trying to lose the extra weight commonly associated with childbearing.

Adapted from: *NSF Alert*, November 27, 2007

## Sleepiness and Low Dose of Alcohol Severely Impairs Driving

Visit our website at  
[www.quantadynamics.com](http://www.quantadynamics.com)  
or call us at  
1-800-633-4664  
to hear our newest podcast,  
"Prescription Sleep  
Medications."

**"Your Sleep is Important to Us!"**

Most people know that drinking and driving are a dangerous combination, especially if a driver's blood alcohol concentration (BAC) is at or above 0.08, the legal limit in all states. Now a new study finds that combining sleep deprivation with small amounts of alcohol usage – well below the legal limit – severely impairs driving performance and increases the risk of having a crash.

In the study, 19 subjects were evaluated using a driving simulator and psychomotor vigilance tests during two sessions. Results showed that sleep deprived drivers with a BAC of 0.03% had greater impairments in reaction time and lane/speed variation than they did with a BAC of 0.05% in a rested state.

Why is this important? More than half of drivers report in the NSF Sleep in America polls that they have driven drowsy during the past year. In addition, 26% of females and 20% of males in the 2005 poll report getting less sleep than they feel they need. Yet some may feel protected when they drink only a little alcohol knowing that their BAC is below the legal limit. However, without sufficient sleep they are dangerously impaired.

Adapted from: *NSF Alert*, October 9, 2007

February 2008 | For a printable format, [download a pdf of this document](#)

© 2008 Quanta Dynamics, Inc | [Newsletter Archives](#)