



Nightly Newzzz

The Sleep Apnea Newsletter

September 2012

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Our goal is to provide you with information on sleep apnea and to help you and your family better understand sleep apnea.

We can be reached at (306) 343-9511 or www.sk.lung.ca.



Laff Lines. . .

Never, under any circumstances, take a sleeping pill and a laxative on the same night.

Depression and Sleep Apnea

People with sleep apnea seem to also have high rates of depression. Several research studies have found this link. In April, 2012 a large study of American adults found that men with sleep apnea were two times more likely to have depression symptoms.¹ Women were five times more likely to have depression symptoms.

Symptoms of depression can be both emotional and physical.

Emotional symptoms can include:

- sadness;
- loss of interest in activities that were enjoyable;
- thoughts of death or suicide;
- feelings of guilt or worthlessness;
- trouble concentrating; and
- anxiety.

Physical symptoms can include:

- aches and pains;
- restlessness;
- lack of energy; and
- changes in weight, appetite or sleep patterns.

The exact cause of depression is not known. It may be a combination of chemical changes in the brain, stressful events and family history.

1. Wheaton, AG et al, Sleep Disordered Breathing and Depression among U.S. Adults: National Health and Nutrition Examination Survey, 2005-2008: *Sleep*, Vol 35: No.4, 2012.

SAIL CPAP Equipment Depot is moving!

Effective August 13, the SAIL depot will be located at Saskatoon City Hospital, Room 6134. The same phone number: 655-2505 will work for the next few weeks.

For CPAP machine shipping* the address is:

SAIL CPAP Program
Saskatoon City Hospital
701 Queen St
Saskatoon, SK S7K 0M7

*If you are shipping by bus (often the best choice), please choose the 'depot to door' option.

Sleep Facts

- Anything less than five minutes to fall asleep at night means you're sleep deprived. The ideal is between 10 and 15 minutes, meaning you're still tired enough to sleep deeply, but not so exhausted you feel sleepy during the day.
- The average human will spend 1/3 of their life sleeping, which equals about 20 - 25 years over 75 year life span.
- The 1989 Exxon Valdez oil spill off Alaska, the Challenger space shuttle disaster and the Chernobyl nuclear accident have all been attributed to human errors in which sleep-deprivation played a role.
- After five nights of partial sleep deprivation, three drinks will have the same effect on your body as six would when you've slept enough.
- Some studies suggest women need up to an hour's extra sleep a night compared to men, and not getting it may be one reason women are much more susceptible to depression than men.
- Some scientists believe we dream to fix experiences in long-term memory, that is, we dream about things worth remembering. Others reckon we dream about things worth forgetting to eliminate overlapping memories that would otherwise clog up our brains.
- The extra-hour of sleep received when clocks are put back at the start of daylight in Canada has been found to coincide with a fall in the number of road accidents.

Saskatchewan Research

The Canadian Centre for Health and Safety in Agriculture, based at the University of Saskatchewan, conducts research, education and health promotion programs aimed at agricultural, rural and remote populations. In March, 2012 research regarding sleepiness and possible sleep apnea in a rural community was published.

The authors used the Epworth Sleepiness Scale to measure the daytime sleepiness in adults. They found that one in five of the people who answered the questionnaire were sleepy during the day. Daytime sleepiness is one of the main symptoms of sleep apnea. People who were obese had high sleepiness scores. Smoking also seemed to be linked to snoring and sleepiness. The researchers hope that physicians and other health care professionals will make use of the Epworth Sleepiness Scale to measure sleepiness. People who are sleepy should be referred for follow-up testing for sleep apnea.

The Epworth Sleepiness Scale, or sleepiness test, can be found under sleep apnea on the Lung Association of Saskatchewan web site: http://www.lung.ca/diseases-maladies/apnea-apnee/signs-signes/sleepinesstest-testsomnolence_e.php. If you are concerned about either yourself or a family member, fill out the questionnaire and take it to your physician.

CPAP May Ease Depression

During the annual meeting of sleep specialists in Boston this past June, Dr. Charles Bae presented his research on the effect of CPAP treatment on depression symptoms. He found that patients who used their CPAP for 4 hours or more each night had significant reductions in depression symptoms. Even patients who only used their machine for less than 4 hours had a reduction in depression symptoms. This seems to confirm what doctors see every day: when patients sleep better, they feel better, and are not as depressed.

Join us at the Next Support Group Meeting

Our guest speakers in both Regina and Saskatoon will be the manager of the Sleep Disorders Centre.

Tracey will speak in Regina about the services available at the centre located in the Regina General Hospital.

Scott will speak in Saskatoon about the centre at City Hospital and the changes that are happening there.

Regina Sleep Apnea Support Group Meeting

Topic:

The Sleep Disorders Centre

Guest Speaker:

Tracey Murphy, RRT
Manager, Sleep Disorders Centre

Wednesday

September 19

7:00 – 9:00 p.m.

Southland Mall

Pulmonary Rehab Room

(across from Safeway)

Regina, SK

Please call Marion at the Lung Association for more information at 343-9511 or 1-888-566-LUNG.

Sodium: how much is too much?

Sodium is the main ingredient in salt. A diet that is high in sodium can lead to high blood pressure. People with high blood pressure are at risk for heart disease, stroke and kidney disease. The recommended daily amount of sodium is 1500 mg – about $\frac{3}{4}$ of a teaspoon. The recommended upper limit is 2300mg/day. Canadians are a salty bunch: the average Canadian gets twice this amount every day.



To cut back on the sodium in your diet begin by looking for % of sodium on food labels. Avoid foods that have a high % of sodium. Canned soups, pickles, bouillon cubes, soy sauce, salad dressings, cured meats, cheese and of course snack foods such as chips and pretzels are all high in sodium.

Classified Ads

- Humidifier for S6 CPAP machine with spare new tank for sale. Call Lorne in Yorkton at 783-3846 or email him at l.procysheh@sasktel.net.
- Oxygen concentrator for sale. This provides home oxygen therapy for people with low oxygen levels. Interested? Call Shirley in Biggar at 948-5002.
- ResMed 4i humidifier – barely used. Call Herb in Saskatoon at 242-4926.
- Resmed nasal mask, medium size, headgear, tubing and filters for sale. Sharon in Regina can be reached at 545-6357.
- Eclipse 3 portable oxygen concentrator and extra battery and desk top charger as well as car adapter for sale. Call Christopher in Parkside @ 747-2371.
- Quattro Full Face mask, large size along with the headgear – only worn a few times. Call Ann in Saskatoon at 382-9361 and leave a message please.
- Resmed H4i humidifier and travel bag for sale. You can call Ruth in Saskatoon at 477-2172.
- Respironics REMstar auto CPAP machine with C-Flex, along with carrying case for sale. Also an Evolution walker, rated to 400lbs. Interested? Call Debbie in Saskatoon at 649-3146.

The Lung Association of Saskatchewan is not responsible for any product purchased through ads in the Nightly Newzz.

Saskatoon Sleep Apnea Support Group Meeting

Topic:

The Sleep Disorders Centre

Guest Speaker:

Scott McCrae, RRT
Manager, Sleep Disorders Centre

Wednesday

September 12

7:00 – 9:00 p.m.

Rependa Centre Auditorium
Saskatoon City Hospital
701 Queen Street
Saskatoon, SK

Please call Marion at the Lung Association for more information at 343-9511 or 1-888-566-LUNG

The Lung Association of Saskatchewan is pleased to offer you this newsletter.

It is only through generous donations from the public that we are able to provide this newsletter and other resources.

If you would like an electronic version of this newsletter, please contact us at info@sk.lung.ca.

If you wish to make a donation to support our services, please call 1-888-566-LUNG (5864) or you can donate online at www.sk.lung.ca.