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*The Acurest newsletter will keep you up to date with the latest developments in the research and treatment of sleep apnoea and will provide you with hints and tips to help you continue with your CPAP therapy.*

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## Acurest is heading interstate!

If you live outside Brisbane and want a Logical® Sleep Mask of your own, or if you want to see a demonstration and learn more about the most comfortable and effective CPAP mask available, you may be in luck! Acurest will visit Melbourne, Sydney and Adelaide before the end of 2009 to host information sessions and to take client impressions/orders for the Logical® Sleep Mask!

### Information Sessions:

### Appointments available:

<b>Melbourne:</b>	2pm & 6pm Friday 9 October CPAP Australia, 29 Victoria Parade, Collingwood	Sun 11 – Tues 13 October
<b>Sydney:</b>	2pm & 6pm Thursday 29 October CPAP Australia, 16 Belmore Street, Surry Hills	Sat 31 Oct – Mon 2 Nov
<b>Adelaide:</b>	2pm & 6pm Thursday 26 November (Venue to be advised)	Sat 28 – Mon 30 November
<b>Perth:</b>	March 2010 (dates and venue to be advised)	

**Reservations are essential, as seating will be strictly limited. Register your interest by sending an e-mail to [info@acurest.com.au](mailto:info@acurest.com.au) or by calling us on (07) 3205 8323. Plans for future trips to these and other locations are also underway, so let us know if you're interested.**

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## Sleep facts:

Think you're not getting enough sleep? The following average daily sleep recorded for animals might change your mind:

giraffe (2 hours), horse (3 hours), cow and sheep (4 hours), Chimpanzee (10 hours), Sloth (14 hours), Tiger (16 hours), Python (18 hours), Brown Bat (20 hours) & Koala (22 hours).

Many animals can sleep with their eyes open and some can even sleep while swimming or standing up (know the feeling?). But, the cleverest sleep phenomenon found in the animal kingdom is in dolphins and porpoises – they can sleep one hemisphere of their brains at a time. Now that's clever!

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## Want a rebate on your QLD electricity?

The Queensland Branch of the Australian Sleep Disorders Association is petitioning the Queensland Government to provide a rebate for CPAP users on the cost of running CPAP equipment.

To sign the petition, go to [www.parliament.qld.gov.au](http://www.parliament.qld.gov.au), then click on Legislative Assembly then e-petitions then current e-petitions and register your YES vote. Great work SDA!

**Check with SDA in your state to see what other benefits might be available to you.**

## Interesting research about CPAP and Sleep Apnoea:

### Somnoplasty – a new surgical option?

The newest potential surgical procedure for the treatment of snoring and sleep apnoea is called somnoplasty. The US FDA recently approved clinical trials of somnoplasty, also known as radiofrequency volumetric tissue reduction of the palate.

During the somnoplasty procedure, local anaesthesia is administered, after which a tiny electrode is positioned under the mucosa of the target area. The physician does not cut or slice away excess tissue. Instead, the electrode transmits very low levels of RF energy to create molecular friction within the tissue, generating heat that destroys tissue in a confined area. In animal studies of somnoplasty, the ablated tissue was resorbed after a few weeks, resulting in a reduction in the size of the structure treated thereby opening the airway. Formal trials continue, however somnoplasty is still seen as an experimental procedure.

### Associations Between Sleep Duration and Body Mass Index: The CARDIA Sleep Study.

Numerous studies have found an association between shorter sleep duration and higher body mass index (BMI) in adults. In the Coronary Artery Risk Development in Young Adults (CARDIA) Sleep Study (2000-2006), the authors examine whether objectively measured sleep is associated with BMI

and change in BMI. Among 612 participants, sleep duration averaged 6.1 hours. Both shorter sleep and greater fragmentation were strongly associated with higher BMI. The association was very strong in persons who reported snoring and weak in those who did not. There were no longitudinal associations between sleep measurements and change in BMI. The authors confirmed a cross-sectional association between sleep duration and BMI using objective sleep measures, but they did not find that sleep duration predicted change in BMI. The mechanism underlying the cross-sectional association is not clear.

*Lauderdale DS, Knutson KL, Rathouz PJ, Yan LL, Hulley SB, Liu K. in Am J Epidemiol. 2009 Aug 3.*

### Sexual Dysfunction and Sleep Apnoea

Sexual dysfunction in male patients with obstructive sleep apnoea (OSA) is well described, but not in females. The objective of this study was to assess the prevalence of sexual dysfunction in women with OSA. A group of women presenting with OSA and a non-OSA control group were compared through the Female Sexual Function Index and Profile of Mood States questionnaires. The study found that prevalence of sexual dysfunction is high among women with OSA.

*Subramanian S, Bopparaju S, Desai A, Wiggins T, Rambaud C, Surani S. in Sleep Breath. 2009 Aug 11*

### What's the best thing about your Logical® Sleep Mask?

- "Ease of cleaning – no pulling it apart to wash." *Stuart O'Callaghan*
- "I can sleep with my face nestled in the pillow and until I got the Logical® Mask I hadn't been able to do so for 15 years." *Rick Warrick*
- "I have been through several different masks, but none have stayed on like the Logical." *Pam Christou*

What do you like best about your mask? Drop us an e-mail, we'd love to know!