

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

Acurest grows interstate

Great results from 2009 visits to major capital cities.

Last year, Scott Coulter from Acurest travelled to the major Australian mainland capital cities to meet with clients, sleep practitioners and re-sellers. The trips to Melbourne, Sydney, Adelaide and Perth were a great success and Acurest would like to welcome all our new clients and partners. We have further trips planned to these cities early in 2010, as well as to other major centres around Australia and New Zealand.

2010 is really shaping up as a busy year for Acurest. The level of interest in our custom-made mask continues to grow and it is great to meet people who have been looking for a solution to the CPAP struggle who we can help. The increasing demand for our mask has allowed us to increase our technical manufacturing staff and we see this continuing as our reputation grows.

We are planning a number of innovations in 2010 and will keep you all informed as they come about. Rest assured that Acurest will continue to provide great service and support as we grow. Thanks to all for your continued support and we would like to wish our growing family of clients a happy, prosperous 2010.



The Logical® Sleep Mask

Sleep facts:

We often hear about the different “stages of sleep”, but what is really meant by this term?

Sleep is divided into two main categories, Rapid Eye Movement (REM) sleep and Non-REM sleep. Non-REM sleep is further divided into three categories, known since 2007 as N1, N2 & N3. Prior to 2007, there were four non-REM stages of sleep, but stages three and four were merged under the 2007 convention.

The normal order of the sleep stages seems to be N1 → N2 → N3 → N2 → REM, although differences between individuals and between nights do occur.

N1 is the drowsy transitional phase of sleep, characterised by gradual loss of awareness of the environment, loss of muscle tone and sometimes by sudden twitches.

N2 is where we spend about half the time asleep. Normally a complete loss of conscious awareness and muscle relaxation occur during this stage, along with the bulk of the healing and restorative actions of sleep.

N3 accounts for about a quarter of sleeping time and is the time where sleep walking, sleep talking, parasomnias and bed-wetting may occur. This higher level of physical activity can be accompanied by dreaming, though most is not remembered.

REM sleep is characterised by rapid movement of the eyes and is the sleep stage where the most memorable dreaming occurs. A type of muscle paralysis (atonia) also accompanies REM sleep. About a quarter of the night is spent in REM sleep. So, now you know what all those lines on the sleep study mean; more on this later...

Interesting research about CPAP and Sleep Apnea:

New diagnosis approach – listen to snoring...

A research team at the University of Queensland and the Princess Alexandra Hospital in Brisbane have developed a method of diagnosing obstructive sleep apnea by listening to the snoring sounds of patients. Traditional diagnosis by polysomnogram (sleep study) involves measuring a range of parameters in a sleeping subject using a complex array of sensors. This new approach enables a remote microphone to record the sounds of snoring, which are then analysed to diagnose sleep apnea. Preliminary results show a 90% sensitivity, which is comparable to the current approach. In time this research may also lead to new methods of treating the disorder.

<http://www.uq.edu.au/news/?article=20033>

The Impact of Obesity in Sleep Apnea

Scientists from the Karolinska Institute in Sweden recently confirmed that simple weight loss is an effective treatment for sleep apnea in obese men. Their study, published in the British Medical Journal, revealed a 50 percent decrease in sleep apnea cases following a stipulated weight-loss regimen, where each participant lost an average of 40 pounds through the course of the study.

Karolinska Institute scientists say that weight loss is an effective method to treat the condition. Around 20 percent of the study participants, who lost a significant amount of weight, were declared to be completely cured of the condition. It is also important to note that the patients with severe cases of sleep apnea were the ones that benefited most from the trials.

<http://www.shiftworkdisorder.com/?aFwLff7w>

CPAP can help reduce blood pressure

Sleep apnea can lead to increased hypertension and high blood pressure is often indicated in sleep apnea patients. A recent Spanish study has looked at the long term benefits of CPAP on hypertension and has found that using CPAP for more than 5.6 hours per night has a positive effect on blood pressure after one year of CPAP. The strongest indications were from those sleep apnea patients who did not exhibit daytime sleepiness, which may indicate the CPAP will take longer to achieve the same result in patients with symptoms of sleepiness. Other, short-term studies has not shown the same results.

Am J Respir Crit Care Med 2009

Drug results encouraging for sleep apnea

A weight loss drug being trialled by US company Vivus has shown improvements in sleep apnea. The company said a 28-week study involving 45 obese patients suffering from obstructive sleep apnea found that treatment with their new drug Qnexa led to a drop in the number of apnea/hypopnea events (AHI) to a mean of 14 per hour of sleep from 46 per hour. The number of events for placebo patients fell from a mean of 44 events per hour to 27 per hour.

Qnexa-treated patients lost 10.2 percent of their body weight, compared with weight loss of 4.3 percent for placebo patients. The drug also led to improvements in blood pressure, and overnight blood oxygen levels, according to Vivus.

The most common side-effects were dry mouth, altered taste and sinus infection, the company said. The improvement in AHI may be as a direct result of weight loss. Further studies are planned.

<http://www.reuters.com/article/idUSN0717669420100107?type=marketsNews>

We hope you found this edition of sleep.energy.life to be interesting and informative. If you have any feedback or suggestions on the newsletter, we'd love to hear from you. Simply email us at info@acurest.com.au.