



# Nightly Newzzz

The Sleep Apnea Newsletter

February 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](http://www.sk.lung.ca).



## Laff Lines. . .

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

- Mark Twain

## Sleep Apnea in Women

At one time, sleep apnea was thought to be a condition that mainly affected men. Sleep apnea does still affect at least twice as many men as women, but experts are learning more about the different sleep apnea symptoms in women.

The classic symptoms of sleep apnea are: loud snoring, pauses in breathing and daytime sleepiness. This description accurately describes most men, but misses the mark on women. Women may have those same symptoms, but will also report symptoms that are very different from men.

### Sleep apnea symptoms in women can include:

- insomnia
- depression
- morning headache
- restless legs
- disrupted sleep
- insomnia
- chronic fatigue
- lack of energy
- weight gain
- high blood pressure
- dry mouth in morning
- waking up gasping for breath

These symptoms can also be reported by men, but are much more common in women. Women who are post-menopausal are also three times more likely to have sleep apnea than younger women.

Dr. Nancy Collop, John Hopkins Sleep Disorders Centre also believes that women are light sleepers, and more likely to report a problem with their bed-partner's sleep. Men, who are sound sleepers, may not notice a sleep problem in their partner.

Since women do not complain about the same symptoms as men, the diagnosis of sleep apnea is often missed.

### Common sleep apnea misdiagnoses include:

- insomnia
- hypochondria
- fibromyalgia
- depression
- menopausal changes
- anemia
- fatigue from overwork
- menopausal changes

Awareness of sleep apnea should be directed to both men and women. Women should also be encouraged to persist in reporting symptoms until a remedy is found.

## Did You Know?

- Obesity rates for both men and women increase with age, starting at age 20 and continuing until age 65.
- After age 65 obesity rates decline.
- The ‘natural alarm clock’ which helps some people to wake up when they want to without the use of an alarm clock is caused by a burst of the stress hormone adrenocorticotrophin. Researchers believe that this is caused by the anticipation of the stress of waking up.
- 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 lack of sleep played a role.
- Young adults aged 18-24 who are deprived of sleep suffer more from impaired performance than older adults.
- Some studies suggest that women need up to one hour’s extra sleep a night compared to men, and not getting it may be one reason women are more prone to depression than men.
- In 2011, an estimated 25,300 Canadians will be diagnosed with lung cancer and 20,600 will die of it. Lung cancer remains the leading cause of cancer death for both men and women.
- Saskatchewan has the highest smoking rate among young people aged 15 to 20.
- Asthma is the leading cause of hospitalization for children.
- COPD is the fourth most common cause of hospitalization among men and the sixth most common cause of hospitalization among women.

## New Research

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### Comparisons of polysomnographic and portable home monitoring in women

Sleep apnea research projects often include mostly men, with women usually only making up a small portion of the group. Researchers at the Sleep Disorders Centre in Saskatoon recently published the results of a study that included only women. This study was comparing results of sleep lab testing to in-home testing using Embletta equipment. A total of 47 women were included in the research project. Each woman was tested in both the sleep lab and at home using the Embletta home monitoring equipment.

The authors concluded that for women at high risk for sleep apnea, in-home testing is comparable to sleep lab testing. This is important information since in-home testing may be useful to decrease the back-log at sleep labs.

Reference: Gjevre JA, et al, Comparison of polysomnographic and portable home monitoring assessments of obstructive sleep apnea in Saskatchewan women: *Can Respir J* Vol 18, No 5; September/October 2011 p 271 - 274.

## Highlights from Saskatoon Support Group Meeting

Michael Davis from Phillips/Respironics spoke in November to the Saskatoon group. He brought along two new nasal CPAP masks for demonstration. Both the True Blue and EasyLife mask feature Auto Seal technology designed to make mask fitting easier. The headgear for these masks has also been redesigned with a strap across the top of the head to keep the unit from slipping. People were impressed with the fact that the masks are light weight and simple to fit. Both masks are pictured here along with a link to on-line information. If you are in the market for a new nasal mask, ask your CPAP supplier to show you these options.



**PHILIPS**  
RESPIRONICS  
**EasyLife Nasal mask**

<http://www.healthcare.philips.com/main/homehealth/sleep/easylife/default.wpd>

## Regina Sleep Apnea Support Group Meeting

### Topic:

Central Sleep Apnea

### Guest Speaker:

Marion Laroque, RRT

### Wednesday

**February 15**

**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.

## Highlights from Regina Support Group Meeting

Christen Orem from Fisher & Paykel spoke to the support group in Regina about CPAP humidification. Her talk was titled 'My CPAP gave me a cold'. She explained that the lack of humidity in the air blown into the nose with CPAP can overwhelm the nose. The nose and sinuses work to add moisture to the air we breathe before that air gets to the lungs. If the air is really dry, the nose works hard to add enough moisture and becomes congested.

All Fisher & Paykel CPAP machines come with a humidifier as part of the machine. The latest model is pictured here. Ask your CPAP supplier about these machines.



**Fisher & Paykel**  
HEALTHCARE

### Icon CPAP machine

<http://www.fphcare.com/osa/cpap-solutions/icon-family/icon-auto.html>

## Classified Ads

- Oxygen supplies for sale: Respironics fingertip pulse oximeter, peak flow meter, victor oxygen regulator, medix compact nebulizer, bag for oxygen tank. If you are interested in any of these oxygen supplies, please call Jefferie in Swift Current at 778-3615.
- H5i heated humidifier, which fits the Resmed S9 CPAP machine for sale. Call Dale in Saskatoon at 249-0583.
- H5i heated humidifier along with the carrying case for both the humidifier and the S9 machine available from Robert in Neudorf (south of Melville). He can be reached at 748-2230.
- Invacare Perfecto 2 oxygen concentrator with Senso for sale. This was purchased in February, 2011 and used until June. Call Debbie in Kindersley at 463-2426, she is open to offers.
- ResMed Sullivan Humdiare heated humidifier in great condition for sale. Asking \$225.00 or best offer. Please contact Robert in Regina at 565-2579. He can also be reached by email at [viking7\\_2008@yahoo.ca](mailto:viking7_2008@yahoo.ca).

*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:

Central Sleep Apnea

#### Guest Speaker:

Marion Laroque, RRT

#### Wednesday

**February 8**

**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

This project is sponsored by

THE  LUNG ASSOCIATION™  
Saskatchewan

## Vitamin D – the Sunshine Vitamin

Vitamin D helps the body use calcium and phosphorus to build and maintain bones and teeth. When our skin is exposed to the ultraviolet rays of sunshine, the cholesterol in the skin is converted to vitamin D. About 90% of our vitamin D comes from sunshine. Unfortunately, Canadian winter sunlight is too weak to make any vitamin D.

Very few common foods naturally have large amounts of vitamin D. In Canada, milk and other dairy products have vitamin D added. Fish such as salmon, tuna and sardines are natural sources of vitamin D.

Health Canada recently increased the daily recommended amount of vitamin D to 600 IU for adults up to the age of 70. Adults older than 70 should receive 800 IU. They also recommend that all adults over the age of 50 should take a daily vitamin D supplement of 400 IU.

For more information, please go to:

<http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>