



# Pennsylvania Sleep Society

Member Newsletter

Volume 3, Number 2

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## In This Issue:

Welcome Letter from the President ..... 2  
*by Marcy Guido-Posey RPSGT*

Annual Meeting in Hershey: This Saturday ..... 3

FREE Welcome Reception Friday Night ..... 4

New Sleep Research in Pennsylvania ..... 5  
*by Michael Grandner PhD*

State Sleep Society News ..... 10

Renew Your PSS Membership ..... 11

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# Welcome Letter from the President

by Marcy Guido-Posey RPSGT

## Happy Spring Everyone!

Spring is here, flowers are up and planning for the 2012 Pennsylvania Sleep Society Annual meeting is nearly complete. **Did you register yet?** The meeting is in less than 1 week! We have several diverse topics and are again offering 6 Credits. Our topics include Sleep Apnea in Commercial Drivers, Medication effects on the PSG and Behavioral Approaches to Childhood Sleep Issues, just to name a few. Register online through the PSS website: [www.pasleep.org](http://www.pasleep.org).

At the 2012 meeting, I will complete my term as president of the Pennsylvania Sleep Society. The incoming President, Dr. Michael Grandner, was elected last summer following the 2011 meeting. We again will have several open board positions and will be seeking interested PSS members to fill those positions. Our society needs new board members to bring new perspectives and to grow our society. Open positions include President Elect, and Board of Directors members (2 physician and 1 technologist) that need to be filled. There will be election information at the meeting, including a timeline for the election process.

Don't forget about the pre-conference **Welcome Social Event** sponsored by RESMED. It will be Friday night, May 11 at the Hershey Lodge. The Welcome Social will be in the Cocoa Terrace from 7-9 PM and will feature free food and beverages.

We hope to see you in HERSHEY at PSS 2012!



Sincerely,

**Marcy Guido-Posey**  
*President of the Pennsylvania Sleep Society*

# Annual Meeting in Hershey: This Saturday!

We look forward to seeing you at the 4<sup>th</sup> Annual Meeting of the Pennsylvania Sleep Society, this weekend!

The meeting will be at the same location as last year – The Hershey Lodge, in Hershey, PA. Remember, registration is inexpensive and includes the ability to receive 6 continuing education credits.

## Info & Registration:

<http://www.pasleep.org/meeting>

Here is a preview of the program:

7:15 AM: **Registration**

8:15 AM: **Welcome and Introduction to the Conference**

8:30 AM: **Medication Effects on the PSG** (Matthew Anastasi, RPSGT; Clinical Coordinator, Bryn Mawr Sleep Medicine Services, Bryn Mawr, Pennsylvania)

9:30 AM: **Obesity Hypoventilation Syndrome** (Sukhdev S. Grover, MD, Medical Director, Sleep Center of Greater Pittsburgh, Pittsburgh, Pennsylvania)

10:30 AM: **Break and Vendors**



11:00 AM: **Obstructive Sleep Apnea: A 21st Century Approach Regarding Treatment Recognition and Management** (Robert Moser, RRT, MHA; Administrative Director, Geisinger Health System Sleep Services, Danville, Pennsylvania)

12:00 PM: **Lunch**

1:15 PM: **Behavioral Approaches to Childhood Sleep Problems** (Melissa Moore, PhD, CBSM; Psychologist, Sleep Center, The Children's Hospital of Philadelphia, Philadelphia, Pennsylvania)

2:15 PM: **Overview of Pediatric Sleep Disorders** (Vatsala Ramprasad, MD, FCCP; Pediatric Pulmonologist, Medical Director, Pediatric Sleep Center, Crozier Children's Hospital Sleep Lab, Philadelphia, Pennsylvania)

3:15 PM: **Break**

3:45 PM: **Sleep Apnea and Commercial Drivers** (Indira Gurubhagavatula, MD, MPH; Assistant Professor of Medicine, Director, VA Sleep Disorder Clinic, University of Pennsylvania School of Medicine, Philadelphia, Pennsylvania)

4:45 PM: **Wrap-Up**

# FREE Welcome Reception Friday Night

**You are invited!**

Friday, May 11, 2012

7:00 – 9:00 PM

Cocoa Terrace, Hershey Lodge

Welcome Reception for PSS Members and Attendees

*A great opportunity for socializing and networking in an informal social setting, and admission is free!*

*Sponsored by RESMED*

# New Sleep Research in Pennsylvania

by Michael Grandner PhD

A search through the PubMed archives for the months of January, February, March, and April, 2012 yields 84 published articles from researchers in Pennsylvania. Most of these come from academic institutions such as the University of Pennsylvania, the University of Pittsburgh, Penn State Hershey, and others, though a significant number come from other labs. Many of these authors are PSS members, though many are not.

You will see that these articles run the full range of basic science to clinical research, with human and animal studies, reviews, commentaries, etc. See how many local names you recognize!

Here is a list of all of the new studies published, relating to sleep, with at least one author in PA, from the past 4 months:

- 1: Frank MG. *Erasing Synapses in Sleep: Is It Time to Be SHY?* *Neural Plast.* 2012;2012:264378. Epub 2012 Feb 28. PMID: 22530156
- 2: Naidoo N. *Roles of Endoplasmic Reticulum and Energetic Stress in Disturbed Sleep.* *Neuromolecular Med.* 2012 Apr 20. PMID: 22527792
- 3: Taylor MA, Schreck KA, Mulick JA. *Sleep disruption as a correlate to cognitive and adaptive behavior problems in autism spectrum disorders.* *Res Dev Disabil.* 2012 Apr 19;33(5):1408-1417. PMID: 22522199
- 4: Liu J, Zhou G, Wang Y, Ai Y, Pinto-Martin J, Liu X. *Sleep Problems, Fatigue, and Cognitive Performance in Chinese Kindergarten Children.* *J Pediatr.* 2012 Apr 18. PMID: 22521112
- 5: Riegel B, Ratcliffe SJ, Weintraub WS, Sayers SL, Goldberg LR, Potashnik S, Weaver TE, Pressler SJ. *Double jeopardy: the influence of excessive daytime sleepiness and impaired cognition on health-related quality of life in adults with heart failure.* *Eur J Heart Fail.* 2012 Apr 17. PMID: 22510422
- 6: Fenik VB, Singletary T, Branconi JL, Davies RO, Kubin L. *Glucoregulatory consequences and cardiorespiratory parameters in rats exposed to chronic-intermittent hypoxia: effects of the duration of exposure and losartan.* *Front Neurol.* 2012;3:51. Epub 2012 Apr 9. PMID: 22509173
- 7: Civillico EF, Contreras D. *Spatiotemporal properties of sensory responses in vivo are strongly dependent on network context.* *Front Syst Neurosci.* 2012;6:25. Epub 2012 Apr 13. PMID: 22509158
- 8: Onksen JL, Briand LA, Galante RJ, Pack AI, Blendy JA. *Running-induced anxiety is dependent on increases in hippocampal neurogenesis.* *Genes Brain Behav.* 2012 Apr 3. doi: 10.1111/j.1601-183X.2012.00788.x. PMID: 22471438
- 9: Brennick MJ. *Examination of the pharyngeal muscle extracellular matrix offers new clues to pathogenesis in obstructive sleep apnea syndrome.* *Sleep.* 2012 Apr 1;35(4):449-50. PMID: 22467979
- 10: Cillo JE Jr, Thayer S, Dasheiff RM, Finn R. *Relations between obstructive sleep apnea syndrome and specific cephalometric measurements, body mass index, and apnea-hypopnea index.* *J Oral Maxillofac Surg.* 2012 Apr;70(4):e278-83. PMID: 22449433
- 11: Noble KA. *Obstructive sleep apnea and coronary artery disease: are they connected?* *J Perianesth Nurs.* 2012 Apr;27(2):118-22. PMID: 22443925
- 12: Ensrud KE, Joffe H, Guthrie KA, Larson JC, Reed SD, Newton KM, Sternfeld B, Lacroix AZ, Landis CA, Woods NF, Freeman EW. *Effect of escitalopram on insomnia symptoms and subjective sleep quality in healthy perimenopausal and postmenopausal women with hot flashes: a randomized controlled trial.* *Menopause.* 2012 Mar 19. PMID: 22433978
- 13: Singareddy R, Vgontzas AN, Fernandez-Mendoza J, Liao D, Calhoun S, Shaffer ML, Bixler EO. *Risk factors for incident chronic insomnia: A general population prospective study.* *Sleep Med.* 2012 Apr;13(4):346-53. Epub 2012 Mar 17. PMID: 22425576

- 14: Fedson AC, Pack AI, Gislason T. Frequently used sleep questionnaires in epidemiological and genetic research for obstructive sleep apnea: A review. *Sleep Med Rev.* 2012 Mar 17. PMID: 22425225
- 15: Hegmann KT, Andersson GB, Greenberg MI, Phillips B, Rizzo M. FMCSA's Medical Review Board: Five Years of Progress in Commercial Driver Medical Examinations. *J Occup Environ Med.* 2012 Apr;54(4):424-430. PMID: 22418277
- 16: Thurston RC, Santoro N, Matthews KA. Are vasomotor symptoms associated with sleep characteristics among symptomatic midlife women? Comparisons of self-report and objective measures. *Menopause.* 2012 Mar 12. PMID: 22415568
- 17: Grandner MA, Martin JL, Patel NP, Jackson NJ, Gehrman PR, Pien G, Perlis ML, Xie D, Sha D, Weaver T, Gooneratne NS. Age and sleep disturbances among American men and women: data from the U.S. Behavioral Risk Factor Surveillance System. *Sleep.* 2012 Mar 1;35(3):395-406. PMID: 22379246
- 18: Boland EM, Bender RE, Alloy LB, Conner BT, Labelle DR, Abramson LY. Life events and social rhythms in bipolar spectrum disorders: An examination of social rhythm sensitivity. *J Affect Disord.* 2012 Feb 28. PMID: 22381951
- 19: Seibt J, Dumoulin MC, Aton SJ, Coleman T, Watson A, Naidoo N, Frank MG. Protein Synthesis during Sleep Consolidates Cortical Plasticity In Vivo. *Curr Biol.* 2012 Apr 24;22(8):676-82. Epub 2012 Mar 1. PMID: 22386312
- 20: Moore M. Behavioral sleep problems in children and adolescents. *J Clin Psychol Med Settings.* 2012 Mar;19(1):77-83. PMID: 22389163
- 21: Gerstner JR. On the evolution of memory: a time for clocks. *Front Mol Neurosci.* 2012;5:23. Epub 2012 Feb 28. PMID: 22403527
- 22: Daber RD, Conlin LK, Leonard LD, Canevini MP, Vignoli A, Hosain S, Brown LW, Spinner NB. Ring chromosome 20. *Eur J Med Genet.* 2012 Feb 22. PMID: 22406087
- 23: Grandner MA. Sleep duration across the lifespan: Implications for health. *Sleep Med Rev.* 2012 Jun;16(3):199-201. Epub 2012 Mar 8. PMID: 22406305
- 24: Boscarino JA, Kirchner HL, Hoffman SN, Sartorius J, Adams RE, Figley CR. Predicting Future PTSD using a Modified New York Risk Score: Implications for Patient Screening and Management. *Minerva Psichiatr.* 2012 Mar;53(1):47-59. PMID: 22408285 [PubMed]
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- 26: Gooneratne NS, Edwards AY, Zhou C, Cuellar N, Grandner MA, Barrett JS. Melatonin pharmacokinetics following two different oral surge-sustained release doses in older adults. *J Pineal Res.* 2012 May;52(4):437-45. doi: 10.1111/j.1600-079X.2011.00958.x. Epub 2012 Feb 21. PMID: 22348451
- 27: Grandner MA, Jackson NJ, Pigeon WR, Gooneratne NS, Patel NP. State and regional prevalence of sleep disturbance and daytime fatigue. *J Clin Sleep Med.* 2012 Feb 15;8(1):77-86. PMID: 22334813
- 28: Marcus CL, Beck SE, Traylor J, Cornaglia MA, Meltzer LJ, DiFeo N, Karamessinis LR, Samuel J, Falvo J, DiMaria M, Gallagher PR, Beris H, Menello MK. Randomized, double-blind clinical trial of two different modes of positive airway pressure therapy on adherence and efficacy in children. *J Clin Sleep Med.* 2012 Feb 15;8(1):37-42. PMID: 22334807
- 29: Marcus CL, Radcliffe J, Konstantinopoulou S, Beck SE, Cornaglia MA, Traylor J, Difeo N, Karamessinis LR, Gallagher PR, Meltzer LJ. Effects of positive airway pressure therapy on neurobehavioral outcomes in children with obstructive sleep apnea. *Am J Respir Crit Care Med.* 2012 May 1;185(9):998-1003. Epub 2012 Feb 9. PMID: 22323303
- 30: Coleman PJ, Schreier JD, Cox CD, Breslin MJ, Whitman DB, Bogusky MJ, McGaughey GB, Bednar RA, Lemaire W, Doran SM, Fox SV, Garson SL, Gotter AL, Harrell CM, Reiss DR, Cabalu TD, Cui D, Prueksaritanont T, Stevens J, Tannenbaum PL, Ball RG, Stellabott J, Young SD, Hartman GD, Winrow CJ, Renger JJ. Discovery of [(2R,5R)-5-[[[5-(5-Fluoropyridin-2-yl)oxy]methyl]-2-methylpiperidin-1-yl]][5-methyl-2-(pyrimidin-2-yl)phenyl]methanone (MK-6096): a dual orexin receptor antagonist with potent sleep-promoting properties. *ChemMedChem.* 2012 Mar 5;7(3):415-24, 337. doi: 10.1002/cmdc.201200025. Epub 2012 Feb 3. PMID: 22307992
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- 33: Mezick EJ, Hall M, Matthews KA. Sleep duration and ambulatory blood pressure in black and white adolescents. *Hypertension.* 2012 Mar;59(3):747-52. Epub 2012 Jan 23. PMID: 22275538
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- 35: Insana SP, Kolko DJ, Germain A. Early-life trauma is associated with rapid eye movement sleep fragmentation among military veterans. *Biol Psychol.* 2012 Mar;89(3):570-9. Epub 2012 Jan 18. PMID: 22266135
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- 40: Meltzer LJ, Walsh CM, Traylor J, Westin AM. Direct comparison of two new actigraphs and polysomnography in children and adolescents. *Sleep.* 2012 Jan 1;35(1):159-66. PMID: 22215930
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- 45: Kline CE, Crowley EP, Ewing GB, Burch JB, Blair SN, Durstine JL, Davis JM, Youngstedt SD. The effect of exercise training on obstructive sleep apnea and sleep quality: a randomized controlled trial. *Sleep.* 2011 Dec 1;34(12):1631-40. PMID: 22131599
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- 47: Riegel B, Sawyer AM, Libonati J. The lesser of two evils. *Sleep.* 2011 Dec 1;34(12):1621-2. PMID: 22131594
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- 51: Tomasko JM, Pauli EM, Kunselman AR, Haluck RS. Sleep deprivation increases cognitive workload during simulated surgical tasks. *Am J Surg*. 2012 Jan;203(1):37-43. Epub 2011 Nov 9. PMID: 22079034
- 52: Reddy CC. Postconcussion syndrome: a physiatrist's approach. *PM R*. 2011 Oct;3(10 Suppl 2):S396-405. Review. PMID: 22035682
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- 59: DaSilva JK, Husain E, Lei Y, Mann GL, Tejani-Butt S, Morrison AR. Social partnering significantly reduced rapid eye movement sleep fragmentation in fear-conditioned, stress-sensitive Wistar-Kyoto rats. *Neuroscience*. 2011 Dec 29;199:193-204. Epub 2011 Oct 8. PMID: 22015926
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- 81: Malone SK. Early to bed, early to rise?: an exploration of adolescent sleep hygiene practices. *J Sch Nurs*. 2011 Oct;27(5):348-54. Epub 2011 May 23. Review. PMID: 21606219
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# State Sleep Society News

## Pennsylvania

In Pennsylvania, May has been declared as Sleep Apnea Awareness Month!

Also Bill 1009 is to amend the Health care Facilities Act definitions to include sleep centers in the definition. The bill has been referred to committee for review. <http://www.palegis.us/bills/?q=2011/0/N/SB1009>. PSS members interested in getting involved in this issue, or who wish to learn more about it, you can contact the PSS Board.

## Maryland

Maryland House Bill 827 (HB 827) & Senate Bill 776 (SB 776) have been submitted to Governor Martin O'Malley for signature. The bills, which have the same language, would amend the Maryland Polysomnography Practice Act ("Act") to recognize A-STEP as an acceptable educational pathway. Current statutory language the Act requires that after October 1, 2013, individuals applying for licensure must first complete a CAAHEP program. Presently, there are only two CAAHEP-approved educational programs in the state.

However, the bill would require an applicant to "Have graduated from a CAAHEP, or A-STEP program and completed a clinical component of an educational program established by the Committee and Approved by the Board."

The bill will authorize A-STEP as a viable educational alternative, but will also require the applicant to complete a clinical component that is approved by the Maryland Board of Physicians.

# Renew Your PSS Membership

We know for some of you this time of year is already too full of things to do, and money to spend so this is just a gentle reminder about annual dues. We are working hard to keep membership affordable at \$25. Please encourage colleagues to join and renew, so that we can keep dues low!

You can renew online at <http://www.pasleep.org> or on-site at the annual meeting this weekend in Hershey.