

Sleep Apnoea Impairs Brain's Ability to Keep Attention Focused on Tasks

A new research paper published in the Journal of Sleep Research claims that attentional control is partially impaired in obstructive sleep apnoea syndrome.

"In the current study, we investigated whether attentional control is deficient in obstructive sleep apnoea syndrome. Attentional control processes were investigated through conflict adaptation and conflict frequency paradigms. These neuropsychological paradigms were assessed by using the Simon, Flanker and Stroop tasks. We additionally analysed post-error slowing data within these tasks. Error processing is another index of cognitive control that is mediated by frontal lobe functioning."

The sample consisted of 14 healthy adults and 24 patients with untreated moderate-severe obstructive sleep apnoea syndrome.

"Results indicated that attentional control is partially dysfunctional among patients with obstructive sleep apnoea syndrome. Attentional control processes were deficient when focal attention (Flanker task) processes were involved, but



were intact when observed using the Simon and Stroop tasks. A non-significant trend in post-error slowing data suggested that error processing, assessed with the Flanker task, was diminished among patients with obstructive sleep apnoea syndrome. These results

support the view that obstructive sleep apnoea syndrome leads to some amount of frontal lobe dysfunction, and that attentional control and error processing might be particularly affected by obstructive sleep apnoea syndrome."

Snore Centre @ 150 Harley Street

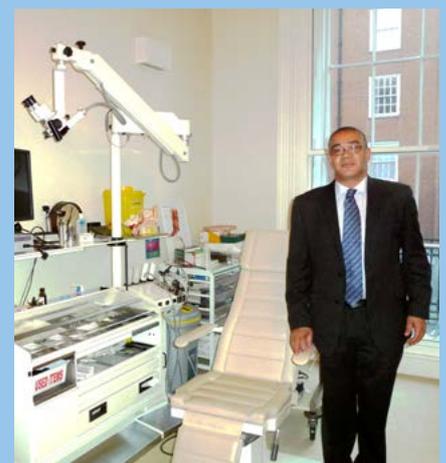
Michael Oko has established a Sleeping Disorders Centre clinic at London's most respected medical address to cater for private patients in need of diagnosis and treatment for sleep apnoea and other sleep disorders

Clinics on Fridays and Saturdays

Call 0203 0753 150 to arrange an appointment

Or book online at: www.150harleyst.com/michael-oko

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More Evidence Treating Sleep Apnoea Reduces Motor Vehicle Accidents

A new study by Italian researchers being published in the Chronic Respiratory Disease journal will show that out of all medical conditions sleep apnoea is the most likely to be the cause of road accidents, and that treating the condition will save lives. The abstract for "Obstructive sleep apnoea, motor vehicle accidents, and work performance", states:

"The obstructive sleep apnoea (OSA) shows a very high prevalence in the middle-age work force population and, between all diseases and medical conditions, is the major risk factor for motor vehicle accidents (MVAs).

OSA can be diagnosed and treated, with resultant reduction in MVAs to those seen in the healthy population. It is increasing evidence that it is a major risk factor for occupational accidents also in fields different from the professional transport and for work disability.

"It is likely that the treatment of OSA results in the reduction of occupational accidents and work performance improvement with expected benefits in work processes and business in general. It is therefore advisable to develop strategies for screening and treatment of OSA in workers. The risk assessment of OSA in workers may also help to reduce the burden on national health care systems."



Patient Story: Lisa Confesses To Being A Snorer!

My name is Lisa, little Lisa, little'un, or wee one, as I'm usually referred to by friends and family, or even, "that little lass with the loud mouth", as I've also been fondly referred to by my acquaintances. I have a confession to make; I'm a snorer. But that's not all, I raise the rafters, sound like a train, and snore like a pig or any other animal you can think of, I'm it, and I do it well. As well as snoring I had a habit of falling asleep in the most embarrassing places at the most embarrassing times, I can tell you a few stories about that, but first of all let me tell you why I see it as a confession.

Well my long suffering husband and I run a Bed & Breakfast in the bracing seaside town of Skegness. My husband cooks breakfast and I serve it. While doing this I have often had comments like, "I heard your husband snoring last night", and similar. Then one day a nice lady looked at me pityingly, while gently patting my hand, and whispered to me: "I'm married to a snorer sweetie so I sympathise with you, the sleepless nights, thinking he's stopped breathing and waking up just to nudge him so he breathes, those gaps can be very frightening dear so I know what it's like. You should really get him to see someone about that for both your sakes". I blushed and thanked her for the concern and advice, as I did whenever anyone else had made similar comments, but the truth was..... I'm the one that they heard.

I was too ashamed to admit this; I mean petite ladies like myself are not supposed to snore are they? It's supposed to be middle aged men that are overweight isn't it, just like only overweight people have high cholesterol. This not true either, I've always been slim but here I am with both of these problems.

My husband had often complained about my snoring keeping him up, how tired he was, and was now talking about us having separate rooms. I was a little shocked about this and didn't know the impact it was having on him, after all he had always known I was snorer! Back when I was 18 years old my husband and I were courting we'd had a couple of dates, then two weeks after we'd first met I was invited to dinner with his family. I was a little nervous, but excited that his family wanted to meet me. I went along to dinner and afterwards we settled down to watch a film in the lounge.

All the family were there including his sister, her husband, and their children, it was so relaxing and I was really enjoying myself. The next thing I remember was being woken up as no one could hear the television because I'd fallen asleep and was snoring so loudly! I was sooo embarrassed I asked him to call me a cab, thanking his family for their hospitality, and went home. I was so upset because I really liked this one, but didn't really expect him to call me again after that.

[Read the full story on the Snore Centre blog...](#)