



Capitol Sleep Medicine Newsletter

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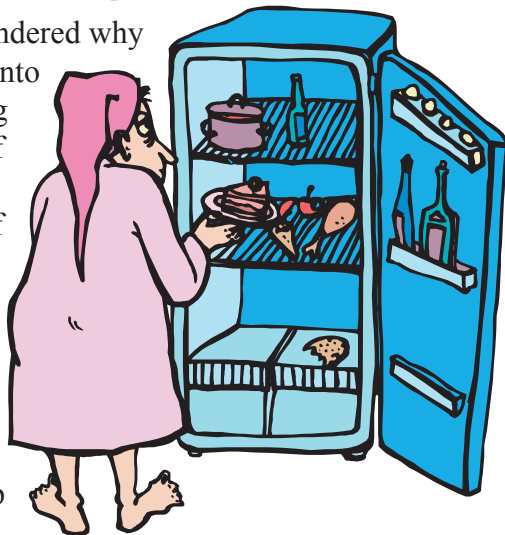
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Why do patients eat in the middle of the night?

Have you ever wondered why some patients get into the habit of waking up in the middle of the night to eat? For the majority of these cases, the patient is fully aware of what they are doing. Recently "Sleep Eating" has been in the media. Sleep Eating is really a



form of sleep walking or somnambulism, a non REM parasomnia that occurs as a mixture of wakefulness with slow wave sleep. This occurs without the patient being aware of what is going on and the patient will not have memory of it occurring. Typically, the patient will state that they simply came down to the kitchen the next morning to find that food was left on the counter, on the

floor, or that the refrigerator or cupboard door was left open. Sleep eating is actually a relatively rare occurrence. More commonly, the patient is simply waking up and voluntarily eating in the middle of the night. How do patients get into the habit of doing this? A recent study indicates that eating at a particular time each day activates a "food clock" in the dorsomedial hypothalamic nucleus of the brain that comes to expect food at that time and may override one's natural need for sleep.

Yanagisawa, MD, PhD, et al. of the UT Southwestern Medical Center put mice on a 12-hour light/dark cycle and trained them to feed in the middle of the light portion of the cycle. Because mice normally feed at night, the researchers hypothesized that this experiment would be like asking humans to eat at inappropriate times of the day and night. They found that the mice came to expect food at the experimental mealtime even when the food was stopped. They also found that the cycle caused mice to ignore their natural tendency for nocturnal wakefulness and daytime sleep.

The study also sheds light on the role of the brain in regulating behavior and may lead to a better understanding of how circadian control of mealtimes may play a role in the epidemic of human obesity, especially if overweight and obese people have nighttime eating habits.

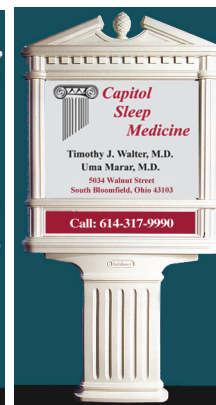
Sleep Apnea Doubles Risk of Stroke in Elderly Patients

A new study published in the journal Stroke reveals that elderly people with severe sleep apnea have more than twice the risk of having a stroke compared to elderly people with mild or no sleep apnea. A number of studies have shown an increased risk of stroke among people with sleep apnea but that elderly persons have been generally excluded from these studies. Questioning whether sleep apnea represents an independent risk factor in this population, the research team examined 394 subjects with a median age of 77 years and found that the risk for stroke did increase more than two-fold, even after adjusting for confounding factors such as smoking, alcohol consumption, blood pressure and hypertension.

Capitol Sleep Medicine Opens 2 Additional Locations

Timothy J Walter MD and Uma Marar MD

would like to announce the opening of their new practice Capitol Sleep Medicine located in Grove City with offices in South Bloomfield and Canal Winchester.



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