



# ARTP SLEEP: S-NEWS

*Dreaming of a better night's sleep*

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# ARTP Sleep Apnoea Consortium

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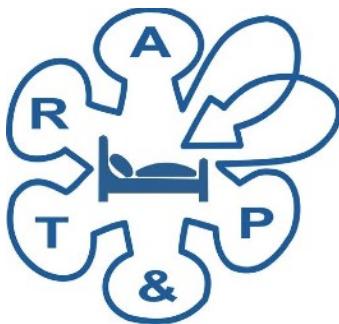
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-Ms Sara Parsons	ARTP Sleep Chair
-Dr Aditi Desai	British Society of Dental Sleep Medicine
-Dr Adrian Kendrick	ARTP
-Professor Mary Morrell	British Sleep Society
-Mr Alan Moore	ARTP, Manufacturers Liaison Committee
-Mr Chris Rogers	Sleep Apnoea Trust
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-Professor John Stradling	Specialist Advisor
-Mrs Julie Lloyd	ARTP Chair
-Dr Colin Wallis	British Paediatric Respiratory Society

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Send your articles to [S-NEWS@artp.org.uk](mailto:S-NEWS@artp.org.uk)



## Editor's Welcome

Welcome to another issue of S-NEWS!

This edition contains lots of information on new competency certificates which are now offered by ARTP Sleep - please contact the ARTP Admin team if you are interested! I hope to see you all at the next ARTP Conference which I am proud to say will be in my local City -Birmingham! I hope you enjoy this edition. Please continue to send me your articles. See you in 2020!

Best wishes,

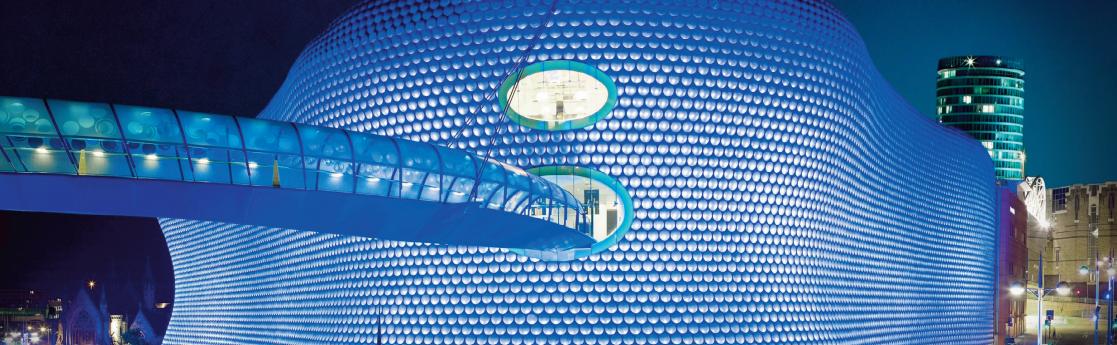
*Alison*

[S-NEWS@artp.org.uk](mailto:S-NEWS@artp.org.uk)



### ARTP Annual Conference 2020 16th-17th January

ARTP are delighted to be bringing their Annual Conference to the heart of England in January 2020, with a prime location at the Birmingham NEC complex



Register now at [www.artp.org.uk](http://www.artp.org.uk) or contact [conference@artp.org.uk](mailto:conference@artp.org.uk).



### Dates for your diary:

- [British Sleep Society Bi-Annual Conference](#)  
21st-23rd November 2019, Birmingham, UK.
- [ARTP Annual Conference](#)  
2020, 16th - 17th January 2020, Birmingham, UK.
- [ATS Conference 2020](#),  
15th-20th May 2020, Philadelphia, USA.  
(Abstract call closes 30th October 2019).
- [ERS International Congress](#), 5th - 9th September 2020, Vienna, Austria.
- [European Sleep Research Society Congress](#), 22nd - 25th September 2020, Seville, Spain.
- [World Sleep 2021 TBA](#)

## **Research in Sleep:**

**By Gavin Comber, Respiratory Clinical Scientist**

As always, there has been plenty going on within the world of sleep and here are some of the most recent studies to be published. Each summary has a link which will take you directly to the paper itself, but remember that you may need an Athens account to access some of the journals. If you work for the NHS most Hospital Trust's offer this service if you get in contact with your library.

Depner, et al (2019) have investigated whether increased sleep time at the weekend is capable of improving metabolic dysregulation in those who are sleep deprived during the week. Subjects were randomised to either a control group or those with sleep restriction +/- weekend recovery. It was found that those without weekend recovery had a decrease of 13% in their insulin sensitivity compared to baseline. Those with weekend recovery had a 9-27% decrease. It was concluded that weekend recovery was not sufficient to prevent metabolic dysregulation.

<https://doi.org/10.1016/j.cub.2019.01.069>

Ponce et al (2019) have tried to determine how issuing CPAP to elderly patients with moderate OSA effects quality of life, neurocognition and physiological measures. 145 patients aged > 70 years old with a diagnosis of moderate OSA were randomised to either CPAP or the control group. It was seen that CPAP was successful in improving ESS and some nocturnal symptoms in the QSQ questionnaire however there was no significant change in neurocognitive tests or blood pressure.

<https://doi.org/10.1183/13993003.00518-2019>

For those patient who do not tolerate CPAP, there are several options for mandibular advancement devices (MAD) however the effectiveness of different types has often been debated. Therefore Pepin et al (2019) have compared a heat moulded vs custom moulded device. 198 patients with moderate-severe OSA were randomised to either of the devices for a 2 month period. Following this, no significant difference was observed in the devices ability to improve the patient's AHI, severity of symptoms, quality of life or blood pressure.

<https://doi.org/10.1136/thoraxjnl-2018-212726>

The use of e-cigarettes is on the rise and whilst the effects of traditional cigarettes on sleep health has been well documented, the new devices have not seen the same examination. Brett et al (2019) asked 1664 college students to participate in a survey about sleep health and e-cigarette use finding that e-cigarette users had a higher incidence of sleep medication and overall decreased sleep health.

<https://doi.org/10.1111/jsr.12902>

There is a body of evidence linking mental health with sleep quality however less is known about whether sleep problems are a cause or consequence of anxiety. Zenses et al (2019) used a fear conditioning protocol on a group of 40 participants who had either been kept awake overnight or allowed to sleep as usual. Following this, threat expectancies were increased in those participants who were sleep deprived suggesting that sleep disruption may play a role in anxiety disorders.

<https://doi.org/10.1111/jsr.12873>

If you have any suggestions of topics that you would like to see covered in the next edition get in touch via either email [Research@artp.org.uk](mailto:Research@artp.org.uk) or Twitter [@ARTP\\_Research.](https://twitter.com/ARTP_Research)

## **Gavin Comber, Clinical Scientist**

**Written on behalf of the ARTP Research & Innovation Committee**

### References

Brett, E., Miller, M., Leavens., E., Lopez, S., Wagener, T., & Leffingwell, T (2019). Electronic cigarette use and sleep health in young adults. *Journal of Sleep Research.*

Depner, C., Melason, E., Eckel, R., Snell-Bergeon, J., Perreault, L., Bergman, B., Higgins, J., Guerin, M., Stothard, E., Morton, S., & Wright, K (2019). Ad libitum weekend recovery sleep fails to prevent metabolic dysregulation during repeating pattern of insufficient sleep and weekend recovery sleep, *Current Biology*, 29 (6), P957-967.

Pepin, J., Raymond, N., Lacaze, O., Aisenberg, N., Forioli, J., Bonte, E., Bourdin, A., Launois, S., Tamisier, R., & Molinari, N (2019). Heat-moulded versus custom-made mandibular advancement devices for obstructive sleep apnoea: a randomised non-inferiority trial, *Thorax*, 74 (7), p667-674.

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Zenses, A., Leaneart, B., Perigneux, P., Beckers, T., & Bodedez, Y (2019). Sleep deprivation increases threat beliefs in human fear conditioning, *Journal of Sleep Research*.



Our Research & Innovation Committee is happy to provide guidance and support to ARTP members in all aspects of sleep and respiratory research including;

- Research design / methodology
- Statistical analyses
- Ethics applications
- Funding streams
- Abstract preparation
- Conference presentations

**PLEASE DO NOT HESITATE TO CONTACT US**



[research@artp.org.uk](mailto:research@artp.org.uk)



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Birmingham Sleep 2019 is the largest multi-disciplinary UK meeting dedicated to sleep medicine and research.

## KEYNOTE SPEAKERS

**Professor Emmanuel Mignot, Stanford University, USA**

'Narcolepsy from Research to Clinical' & 'The Future of Sleep Medicine'

**Professor Matthew Naughton, Alfred Hospital, Melbourne, Australia**

'Sleep-disordered Breathing in Heart Failure: Chicken Soup or Chicken and Egg?'

**Professor Monique LeBourgeois, University of Colorado, USA**

'Sleep and Circadian Rhythms in Early Childhood: A Goodness of Fit Perspective'

**Dr Andrew Wood, Royal Devon & Exeter Hospital**

'Using wearable devices and genetics to estimate and validate mechanisms of sleep'

**Professor Gregory Lip, University of Liverpool**

'Sleep, OSA and AF: Where are we now?'

**Professor Debra Skene, University of Surrey**

'Metabolomics in Sleep Research'

  
**REGISTER NOW**  
Early Bird  
DEADLINE  
2<sup>nd</sup> September  
2019

[www.sleepsociety.org.uk](http://www.sleepsociety.org.uk)  
[events@sleepsociety.org.uk](mailto:events@sleepsociety.org.uk)

## **Do you know someone who may benefit from being an ARTP Sleep member?**

"ARTP Sleep" is now being developed to represent and support all healthcare professionals in the delivery of care, training and development of sleep services.

### **Who Should Join ARTP Sleep?**

ARTP Sleep represents and supports all healthcare professionals in the delivery of care, training and development of sleep physiology measurement and therapeutic services. This includes but is not limited to:

- ATOs and HCAs working in oximetry clinics
- Sleep physiologists and technologists involved in PSG units
- Sleep and NIV nurses
- Physiotherapists involved in sleep apnoea services
- Physicians in sleep medicine
- Orthodontists and maxillofacial technicians who support sleep and snoring clinics
- General Practitioners with an interest in sleep medicine (GPwSI & non-GPwSI)

**Registration forms and FAQs can be viewed [here](#)**

## Pillow Talk:

*Manufacturers news, new equipment and a bit of gossip!*



### Fisher & Paykel

**F&P** **Vitera**

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Keep cool and comfortable with VentiCool™.

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## **S-Med Ltd:**

S-Med are pleased to announce the latest release of our DOMINO Software. This new version brings together the different versions of DOMINO and DOMINOlight into one version. Domino V3.0 has been completely rewritten from the ground up and is now fully 64-bit compatible and is also certified to run on Windows 10. We will be rolling this out across the country in the next few months. Key features include:

- Full support for SOMNOtouch, SOMNOscreen and SOMNO HD hardware for both ambulatory and on-line recordings
- New Custom Report Designer with export to MS Word .DOCX format
- Full support for our Home Sleep Camera for ambulatory recordings with synchronised Video. (It is now also possible to fully edit video recorded on the HSC)
- Ability to anonymise recording folders to comply with GDPR regulations

Please contact us if you are interested in upgrading and we will provide you with details of computer requirements. As always, software updates continue to be free of charge!



SOMNOmedics have recently released the SOMNO HD Eco. The Eco is similar to the SOMNO HD but without the high-resolution touch display, making this a more robust system for ambulatory or paediatric use. It provides excellent signal quality of up to 4 kHz sampling rate combining all the best features of the world renowned SOMNOscreen plus and the most innovative technologies from the SOMNO HD to create one of the simplest, most powerful and robust PSG systems in the world. In addition, our Android app allows you to control multiple SOMNOtouch, SOMNOscreen and SOMNO HD Eco devices from just one tablet. The SOMNO HD Eco can also be used as a cardiorespiratory screener and we find that this is a perfect upgrade to the SOMNOscreen where you require a do-it-all modular system.

Also available is the new 4-channel analogue Optocoupler for SOMNOtouch and SOMNO HD & New Version of the Home Sleep Camera for SOMNOtouch and SOMNO HD equipment.

We continue to extend our range of low-cost consumables and disposable accessories for all Sleep and EEG Recording Systems and now have available: lic2® Electrode Cream , disposable RIP effort belts, disposable nasal/oral cannula, disposable SpO<sub>2</sub> probes and disposable electrodes.

**Please contact us if you are interested in upgrading and we will provide you with details of computer requirements. As always, software updates continue to be free of charge!**



## Overnight Pulse Oximetry Certificate

| Are you a Band 2-4 working within sleep diagnostics?

Our competency based assessment aims to demonstrate your professional ability of the performance and analysis of Overnight Pulse Oximetry and would make a great addition to your CV.



To find out more contact ARTP Sleep:

[admin@artp.org.uk](mailto:admin@artp.org.uk)

[www.artp.org.uk/en/sleep](http://www.artp.org.uk/en/sleep)



## Overnight and Polygraphy Practitioner Certificate

Are you a Band 5+ working within a sleep department?

Our certificate aims to demonstrate your understanding of the referral pathway for sleep investigations, the influence of external parameters and their effects on results, the analysis of sleep studies, and the causes and mechanisms of obstructive sleep apnoea and central sleep apnoea.



To find out more contact ARTP Sleep:

[admin@artp.org.uk](mailto:admin@artp.org.uk)

[www.artp.org.uk/en/sleep](http://www.artp.org.uk/en/sleep)

## Sleep In the News:

### Care model platforms instead of wearable trackers

A recent article on MedCity News discusses the issues with wearable trackers and a possible way forward in improving care for those with genuine sleep issues.



Vic Panda reports that 22% of Americans own some form of wearable sleep tracker, and that although these devices may be helpful in aiding improvement in lifestyle they are likely to offer little support for those with sleep disorders such as insomnia.

This article suggests an improvement in the availability of telemedicine and digital coaching based on CBTi in order for sufferers to have access to enough support to improve their condition. To find out more please click [here](#).

### Children are less likely to be woken by smoke alarms.

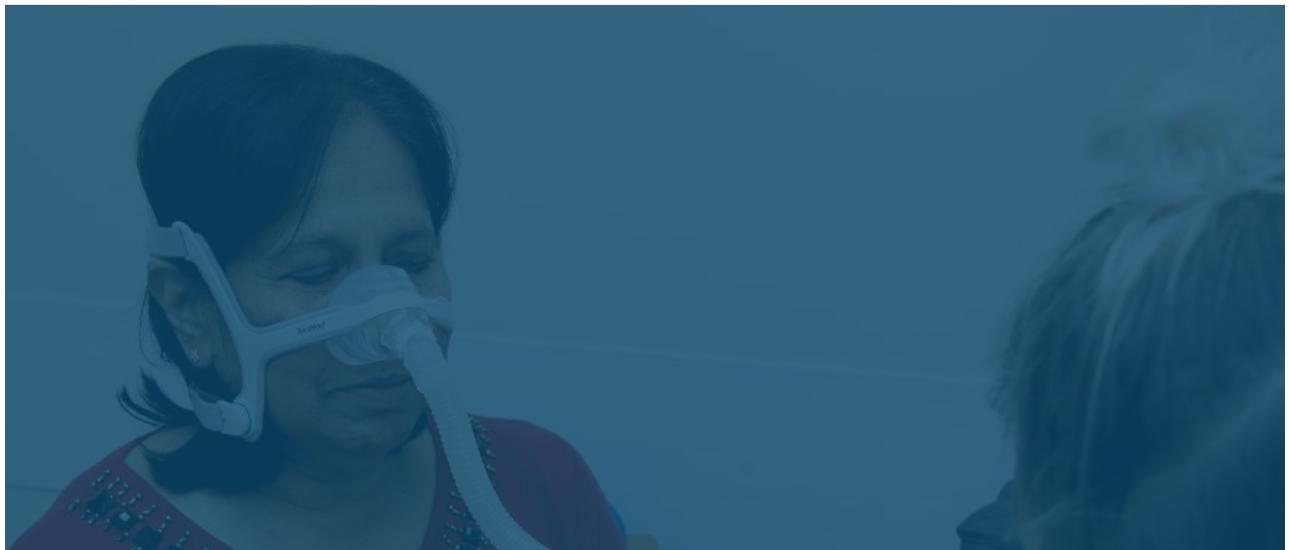
BBC Watchdog recently reported, following a small study, that children appear to sleep through smoke alarms. Only 1 out of 8 children tested woke at the sound of a smoke alarm. The only child that did wake fell back to sleep after retrieving their teddy bear. A further study of 644 children showed only 28% woke when a standard smoke alarm was sounded. The BBC has suggested that warnings be put on smoke alarm packaging to warn parents of this risk. Another suggestion was to have a separate alarm with a vocal warning which appears to work better. To find out more please click [here](#).

### Getting less than 7 hours sleep can have a big impact

An article on HealthLine has noted the research from several studies which show the impact of shorter sleep duration. These adverse effects included:

- Increased storage of lipids
- Mental health disorders (anxiety, depression, paranoia and hallucinations)
- ADHD

For more information click [here](#).



## Basic CPAP Certificate of Accreditation

This certificate is aimed at support workers in a health or independent commercial service providing CPAP therapy to Obstructive Sleep Apnoea Hypopnoea Syndrome sufferers

Our competency based assessment aims to demonstrate your basic understanding of setting up CPAP devices for patients and recognising significant aspects of the data gained to adeptly support the patient.



To find out more contact ARTP Sleep:

[admin@artp.org.uk](mailto:admin@artp.org.uk)

[www.artp.org.uk/en/sleep](http://www.artp.org.uk/en/sleep)



## CPAP Certificate of Accreditation

Improve your knowledge, skills and confidence when working with CPAP patients by taking the ARTP CPAP Certificate of Accreditation

Our competency based assessment aims to demonstrate your professional ability with initiation, monitoring and ongoing support of patients treated with CPAP.



To find out more contact ARTP Sleep:

[admin@artp.org.uk](mailto:admin@artp.org.uk)

[www.artp.org.uk/en/sleep](http://www.artp.org.uk/en/sleep)