



RESEARCH BULLETIN: April 2007 Adelaide Institute for Sleep Health (AISH)

AISH is recognised internationally as a leading centre for clinical and basic sleep research

NEW PROJECTS

Sleep Apnea cardioVascular Endpoints (SAVE) Trial

AISH is the International Co-ordinating Centre for a multi-centre, randomised-controlled trial to determine whether continuous positive airway pressure (CPAP) treatment can prevent cardiovascular disease in patients with Obstructive Sleep Apnoea (OSA). This trial will be the largest trial of its type in the world and involves sleep and cardiovascular experts in Australia, China, Sweden and the USA.

For more information visit <http://www.savetrial.org>.

Australasian Sleep Trials Network (ASTN)

AISH is one of the major centres in this newly formed Australasian Network. The ASTN aims to conduct and facilitate clinical trials of national and international significance that will have a major impact on sleep health. For more information, visit <http://www.sleeptrials.net>.

Recognition and management of OSA in Primary Care

An NH&MRC project aimed towards increasing the recognition of OSA in Primary Care and upskilling General Practitioners in the management of OSA

RECENT AISH RESEARCH SUCCESSES

Two new projects to be conducted by AISH researchers have won **Foundation Daw Park Research Grants**. The **CPAP Mask Comparison Study** will compare patient comfort and adherence to CPAP therapy amongst OSA patients using two different mask systems. It is expected the results will lead to better patient care. The **On-Road Driving Study** will employ the services of a trained driving instructor to see whether OSA, which affects 10-15% of Australian adults and causes excessive daytime sleepiness, affects critical decision-making during city driving. It already known that OSA sufferers are at increased risk of *fall-asleep* vehicle accidents on country highways.

SA Thoracic Society of Australia & New Zealand Young Investigator

Daniel Stadler is currently undertaking research toward his PhD at AISH. His work examines potential links between abdominal obesity and poor upper airway function. Daniel was awarded this top award at the SA Thoracic Society of Australia and New Zealand meeting in November 2006.

Adelaide University Top Physiology Honours Student

Cassie Hilditch recently completed her honours project at AISH through the Adelaide University Discipline of Physiology. Cassie achieved the top honours mark in her year for her project, which investigated airway collapsibility and sleepiness in primary Sjogren's Syndrome - a disorder affecting 1-2% of adults and causing dryness in the eyes and mouth.

Visit the **NEW AISH WEBSITE** at <http://www.adelaidesleephealth.org.au>

OUR RESEARCH VOLUNTEERS

Our patients, and healthy members of the local community regularly volunteer for our research projects. We greatly appreciate their enthusiastic support. You may be asked if you would like to participate.

We hope that you can be involved.

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