From basic research to clinical practice

This issue of Sleep Science provides new insights to Sleep Medicine from both experimental and clinical research areas. In an interesting model of rapid eye movement and sleep deprivation, Molico et al. showed consistent behavioral differences between males and female rats that may help to explain the higher frequency of panic attacks observed in women compared to men. In the clinical field, there is growing evidence that obstructive sleep apnea (OSA) is extremely common in the general population and may contribute to significant morbidity and mortality. In the study of Rodrigues et al., the authors assessed the correlation between the severity of snoring, as measured with the Stanford classification, and the severity of OSA, as determined by the apnea-hypopnea index. The authors found that a simple questionnaire that evaluates snoring provides a useful means of assessing patients with severe OSA. Pontes da Silva et al. approached the treatment profile in consecutive patients evaluated in a university centre. Although most clinical patients were treated with continuous positive airway pressure (CPAP), the authors pointed out that almost one-third of the patients needed surgical intervention, therefore indicating the necessity of a multidisciplinary approach to them. Following this line, Giannasi et al. showed the long term efficacy of mandibular repositioning appliance to treat severe OSA of a marked retrognatic patient that refused CPAP therapy. Carmargos et al. performed a cross-sectional study of subjective sleep quality in healthy older men and women. The study showed that half of the sample was overweight or obese. However, only a minority of this population had poor sleep quality, which suggests that this particular population may have a low prevalence of sleep problems. It is remarkable that all these studies come from different research centers in Brazil, indicating the great interest in the area of Sleep Medicine.

Geraldo Lorenzi-Filho

Laboratório do Sono, Disciplina de Pneumologia, Instituto do Coração (InCor), Hospital das Clínicas, Faculdade de Medicina, Universidade de São Paulo