

## Annual Summit on

# Sleep Disorders & Medicine

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## Getting a good night's sleep?

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**D**id you know that acupuncture can treat and heal those who suffer from sleep disorders? Many people think of acupuncture as a method of healing physical pain, but it is also a highly effective treatment for sleep disorders. Some of the most common kinds of sleep disorders include:

- Can't fall asleep
- Have night sweats
- Anxiety/Worry
- Can't stay asleep
- Wake up feeling groggy

Insomnia is endemic in our culture and acupuncture has been proven to be an effective treatment for this frustrating malady. If you suffer from any form of sleep disorder, learn how you can benefit from acupuncture – it's a highly effective, non-invasive, and non-medicating way to treat common sleep problems.

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## Measurement of nasal NO and fractional exhaled NO in healthy children and patients with upper airway inflammatory disease

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**Objectives:** To measure the nasal nitric oxide (NNO) and fractional exhaled nitric oxide (FeNO) in healthy children and patients with upper airway inflammatory disease and to discuss the clinical significance of these results.

**Methods:** Fifteen healthy children, thirty cases of children with allergic rhinitis (AR), ten cases of children with non-allergic rhinitis, three cases of children with sinusitis and 30 cases of children with sleep disordered breathing (SDB) were enrolled. FeNO values and NNO values were measured non-invasively by using of NIOX MINO. IBM SPSS statistics 20.0 software was used to analyze the data.

**Results:** NNO value and FeNO value were significantly increased in AR children compared with that in healthy children ( $Z=-4.449$ ,  $P=0.000$ ;  $Z=-5.427$ ,  $P=0.000$  respectively). NNO value was significantly increased in non-allergic rhinitis children compared with that in healthy children ( $Z=-2.552$ ,  $P=0.011$ ). NNO value was significantly increased in SDB children compared with that in healthy children ( $Z=-2.215$ ,  $P=0.027$ ).

**Conclusions:** Our data support that NNO has a great value in monitoring upper airway inflammation. NNO and FeNO values of AR children those do not have typical symptoms of asthma are significantly increased. This finding suggests that AR may be evolved into asthma.

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