Quality of Sleep and Hypertension

Researcher explores the relationship between sleeping habits and hypertension

New York (May 22, 2012) – The 27th Annual Scientific Meeting of the American Society of Hypertension (ASH) will feature a discussion by Katie L. Stone, PhD, entitled “Quality of Sleep.”

The presentation is part of a session entitled “Non-Drug Therapy for Hypertension,” which will explore and investigate drug-free therapies used to control hypertension.

Dr. Stone, a senior scientist at the California Pacific Medical Center Research Institute, will discuss her research on poor sleep quality and its association with obesity and cardiovascular problems. Dr. Stone evaluated 784 men with the average age of 75, who were part of the Outcomes of Sleep Disorders in Older Men Study. Using polysomnography, they measured a variety of characteristics of sleep in older men, including the amount of deeper stages of sleep, known as slow-wave sleep, which occurred during the night. Slow-wave sleep is known to be the most restorative stage of the sleep cycle. The sleep evaluations were performed at an initial visit in 2003-2005, and blood pressure and other clinical measures were assessed twice, at the initial visit in 2003-2005 and then once again in 2007-09.

During her presentation, Dr. Stone will discuss the results of this study, including findings detailing the relationship between slow-wave sleep and incident hypertension.

“Our study was unique in that we were able to collect more rigorous, objective measures of a variety of characteristics of sleep, whereas most previous studies relied on subject reports of sleep duration and quality,” said Dr. Stone.

Dr. Stone is an Epidemiologist with more than 20 years of experience designing, directing, and analyzing data from large multi-center cohort studies. Her primary research focus is sleep disorders in older adults.

For a complete list of annual meeting sessions or for details on attending the conference, call (617) 226-7183 or visit www.ash-us.org and click on scientific meetings. There is no registration fee for accredited
American Society of Hypertension 27th Annual Scientific Meeting

journalists. Interview areas will be available on-site in addition to a fully-staffed press room with phone and internet accessibility.  

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About the American Society of Hypertension, Inc.
The American Society of Hypertension, Inc. (ASH) is the largest U.S. professional organization of scientific investigators and healthcare professionals committed to eliminating hypertension and its consequences. ASH is dedicated to promoting strategies to prevent hypertension and to improving the care of patients with hypertension and associated disorders. The specific focus of the Society is to translate current research findings on hypertension into effective treatment strategies, in order to better address the needs of hypertensive patients. For more information, please visit www.ash-us.org.