



What's On Tap?

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Chronically Tired?

Imagine getting 9 hours of sleep a night and taking naps. Yet, mental exhaustion, poor focus, and physical fatigue dominate your days. This is reality for many people with *primary hypersomnia*, a rare and poorly understood condition.

The dominating theory for sleep researchers has been that sleepiness is caused by underactive brain

regions involved in wakefulness and attention. However, emerging evidence from patients with primary hypersomnia suggests that the body may be producing a natural brake, or internal sedative in certain patients.

A team from Emory University took a close look at patients with primary hypersomnia and discovered a sleep-promoting substance in their cerebrospinal fluid, the watery liquid that cushions the brain and surrounds the spinal cord. Although the chemical identity of this substance remains a mystery,

researchers have determined that it is most likely a protein. The Emory team demonstrated that this sleep-promoting substance activates the same brain pathways as sleep aids such as Ambien.

For the chronically tired, this discovery offers hope. If this sleep-producing substance acts like a drug upon the brain, researchers believe that it could also be blocked. Researchers at Emory have begun to explore the possibilities of how to best utilize this substance and research is ongoing.

Retrieved from: Anderson, A. 2013. *An Internal Sedative*. Scientific American Mind.



Alcohol Abuse Among Veterans

Throughout our military history, holding one's liquor has been akin to being a "real soldier". However, after active duty, many veterans who served our country with honor abuse alcohol.

Between 2006-2008, one in eight troops returning from Iraq and Afghanistan were referred to counseling for alcohol problems, according to data from

the Armed Forces Health Surveillance Center.

In fact, 33% of troops who were convicted of criminal acts in Afghanistan and Iraq had committed these offenses while under the influence

of alcohol or other drugs.

As a result, more veterans are seeking help than ever before: According to the Army, in 2009, the number of soldiers enrolled in treatment after being diagnosed with alcohol problems, increased by 56% since the start of the Iraq war.

Retrieved from: National Council on Alcoholism and Drug Dependence. 2010. *Veterans and Alcohol*.



Director's Note

Welcome to our fall issue of "What's On Tap?". We provide new information on



an internal sedative and alcohol abuse among veterans. We also say farewell to our summer interns. Make sure to see the opportunity for CSDP gear on the back page, and let us know if you'd like anything!

As always, we hope that you are doing well and we look forward to following up with you.

Enjoy the fall!

Dr. Andrea King
Principal Investigator

Upcoming Follow-Up Raffle!

All participants completing an Annual Follow-Up interview between April 2014 & October 2014 on time will be entered into a drawing.

The drawing includes a \$100 gift card.

Next Drawing:
October 15, 2014

All eligible participants and winners will be notified via e-mail, so keep your contact info up to date!

CSDP Contact Information

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In need of a CSDP Travel Mug? Frisbee? Bag clip?

Be sure to check out the 'Raffle & Gifts' section of our website at <http://socialdrinking.uchicago.edu/> to view photos of past CSDP study gifts.



We had an unprecedented number of participants requesting additional gifts this past Spring, and would like to open up the invitation again. If you see anything you'd like, send us an e-mail at socdrink@uchicago.edu and, if we have it in stock, we'll mail it out to you!

Concerned about your drinking or substance use or about that of a friend or a family member?

Feel free to call Dr. Andrea King (who is a licensed clinical psychologist) on a confidential basis, for suggestions or referrals at 773-702-6181.



Farewell to our Summer Interns!

We were delighted to have two undergraduates join our group this summer as interns. We had the opportunity of hosting Norvel from the University of South Carolina and Hannah from Harvard University. Each assisted with studies that Dr. King is collaborating on with colleagues. Norvel worked closely on a research study designed to examine health disparities in Chicago while Hannah worked closely on a study that focuses on risky lifestyle behaviors in adolescent and young adult cancer patients. In addition, Norvel and Hannah spent time conducting experimental sessions in our lab to examine the effect of electronic cigarette advertisements on mood and smoking urge in young adults. We will miss their energy, impressive work ethic, and outgoing personalities.

Norvel

A psychology major from South Carolina, Norvel received the Pritzker School of Medicine experience in research summer fellowship here at the University of Chicago. While working with us on various projects,



Norvel enjoyed the warm atmosphere and opportunity for a diverse research experience. Norvel has been working tirelessly on applications for medical school in 2015. Good Luck!

Hannah



A native of Hyde Park, Hannah is majoring in chemistry. Hannah also hopes to attend medical school in the future and received excellent experience around the University of Chicago this past summer. Hannah's hidden talent is flower arranging, which she was able to show off while decorating the cake for her sister's wedding (pictured right).



Hannah Decorated this cake!