



# SOMNOS – Sleep, Obesity, and Metabolism in Normal and Overweight Subjects

*at a glance*

The SOMNOS Study is being conducted by physicians of the Johns Hopkins University with support from the National Heart, Lung and Blood Institute (NHLBI). Recruitment and study visits began in 2005 with 105 women and men aged 18-70 recruited from within a 25 mile radius of downtown Hagerstown, Maryland. The primary objective of the SOMNOS Study is to investigate whether sleep apnea, a common sleep disorder, is associated with abnormalities in glucose metabolism.

The Principal Investigator of the SOMNOS Study is Naresh M. Punjabi, MD, PhD. Other collaborating investigators include: Brock Beamer, MD, Susheel Patil, MD, and Philip L. Smith, MD.

The SOMNOS Study is composed of several visits, which include an overnight sleep study completed in the participant's home. The sleep study (PSG) collects data regarding brainwaves, eye activity, heart rhythm, chin and leg muscle movements, oxygen saturation, and breathing patterns. After the sleep study, a clinic visit is scheduled and is comprised of the following procedures: an intravenous glucose tolerance test (IVGTT), blood pressure measurement, pulmonary function tests, anthropometry, electrocardiogram, actigraphy, and numerous questionnaires on sleep habits, physical activity, medication use, and other health-related behaviors. Following the clinic visit, SOMNOS Study participants undergo a dual energy X-ray absorptiometry (DEXA) scan and a CT scan of the abdomen for assessment of total body and visceral fat.

Recruitment for the SOMNOS Study is ongoing at present and is expected to continue until 2008. Total recruitment is targeted at 250 participants.

The current Principal Investigator is Naresh M. Punjabi, MD, PhD, [npunjabi@jhmi.edu](mailto:npunjabi@jhmi.edu)  
The SOMNOS Study Coordinator is Melissa Minotti, RPSGT, [mminotti@jhsph.edu](mailto:mminotti@jhsph.edu)  
For more information, visit the **SOMNOS public website** at <http://www.somnos.org/>