

Sleep problems may impact bone health

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The daily rhythm of bone turnover is likely important for normal bone health, and recent research suggests that sleep apnea may be an unrecognized cause of some cases of osteoporosis. Sleep apnea's effects on sleep duration and quality, oxygen levels, inflammation, and other aspects of health may have a variety of impacts on bone metabolism.

It's important to determine the relationship between these two increasingly common diseases and to understand the biological processes that may connect them, experts note in a *Journal of Bone and Mineral Research* review.

"There are strong indications that daily rhythms are an intrinsic and important element of bone biology," said senior author Dr. Eric Orwoll. "If sleep disorders like obstructive [sleep apnea](#) affect [bone metabolism](#), they may have diagnostic and therapeutic implications for many patients, including those affected by sleep apnea in their early, bone modeling years," added lead author Dr. Christine Swanson.

More information: Swanson, C. M., Shea, S. A., Stone, K. L., Cauley, J. A., Rosen, C. J., Redline, S., Karsenty, G. and Orwoll, E. S. (2015), Obstructive Sleep Apnea and Metabolic Bone Disease: Insights Into the Relationship Between Bone and Sleep. *J Bone Miner Res*, 30: 199-211. [DOI: 10.1002/jbmr.2446](https://doi.org/10.1002/jbmr.2446)

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