

Athens Journal of Health

Volume 2, Issue 1, March 2015

Table of Contents

President's Message	7
ARTICLES	
<u>Sleepless No More: Techniques and Interventions for Sleep Disorders</u> <i>Joanna Katsanis and Katharine C. Newman-Smith</i>	9
<u>Scale up of a Low Energy Process for the Production of Oil in Water Emulsions</u> <i>Sara Raposo, Manuela Urbano and Ana Maria Carneiro</i>	21
<u>Do Consumers Fully Benefit from the Richness of Dietary Contribution to Human Health offered by Tomato?</u> <i>Elena Balacheva, Mariana Radkova, Elena Shopova and Nasya Tomlekova</i>	31
<u>Athens' "Nephos": A Heating Oil Tax Hike, Particulate Matter, and Public Health</u> <i>Sappho Zoe Gilbert</i>	39
<u>Announcements</u>	61

Published by



The Health Research Unit of
The Athens Institute for Education and Research

Athens Journal of Health: A Journal of the Health Research Unit of

The Athens Institute for Education and Research

ISSN NUMBER: 2241-8229 - DOI: 10.30958/ajh

President of Editorial Board of ATINER's Publications

Dr. Gregory T. Papanikos, President, ATINER

Editor-in-Chief of ATINER's Publications

Dr. George Poulos, Vice President of Research, ATINER &

Professor Emeritus, University of South Africa

Editor of this Journal

Dr. Zoe Boutsoli, Adjunct Faculty Staff, Open University of Cyprus, Cyprus

Editorial and Reviewers' Board of this Journal

Dr. Paul Contoyannis, Head, Health Economics and Management Research Unit, ATINER & Associate Professor, Faculty of Social Sciences, Department of Economics, McMaster University, CANADA.

Dr. Lorna Butler, Dean and Professor, College of Nursing, University of Saskatchewan, CANADA.

Dr. Steven M. Oberhelman, Interim Associate Dean of Undergraduate Programs, College of Liberal Arts, George Sumey, Jr., Professor in Liberal Arts, Professor of Classics, Texas A&M University, USA

Dr. Douglas E. Angus, Full Professor, Telfer School of Management, University of Ottawa, CANADA

Dr. Peter Hilsenrath, Joseph M. Long Chair of Healthcare Management and Professor of Health Economics, University of the Pacific, USA

Dr. Laurence G. Rahme, Associate Professor, Department of Surgery (Microbiology and Molecular Genetics), Harvard Medical School & Director of Molecular Surgical Laboratory, Burns Unit, Department of Surgery, Massachusetts General Hospital, USA

Dr. Donald Rob Haley, Associate Professor, Health Administration Program Department of Public Health, Brooks College of Health, University of North Florida, USA

Dr. Sabine Bohnet-Joschko, Walcker Professor of Management and Innovation in Healthcare, Faculty of Management and Economics, Witten-Herdecke University, GERMANY

Dr. Jennie De Gagne, Assistant Professor, School of Nursing, Duke University, USA

Dr. Emmanouil Mentzakis, Academic Member, ATINER & Associate Professor, Department of Economics, University of Southampton, UK

Dr. Fiona Timmins, Associate Professor, School of Nursing and Midwifery, Trinity College Dublin, IRELAND

Dr. Eleni L. Tolma, Associate Professor, Department of Health Promotion Sciences, College of Public Health, University of Oklahoma Health Sciences Center, USA

Dr. Christiaan Lako, Academic Member, ATINER & Associate Professor, Department of Public Administration, Radboud University Nijmegen, THE NETHERLANDS

Dr. Maria Tsouroufli, Senior Research Fellow in Education, Institute for Policy Studies in Education, Faculty of Social Sciences and Humanities, London Metropolitan University, UK

Dr. Sandra Bassendowski, Professor, College of Nursing, University of Saskatchewan, CANADA

Dr. Toivo Aavik, Senior Researcher, Institute of Psychology, Faculty of Social Sciences, University of Tartu, ESTONIA

Dr. Iga Rudawska, Head and Professor, Chair of Health Economics, Faculty of Economics and Management, University of Szczecin, POLAND

Dr. Nilgun Sarp, Professor, Faculty of Health Sciences, Ankara University, European University of Lefke, TURKEY

Dr. Anil K. Mandal, Courtesy Clinical Professor, Department of Medicine, University of Florida, USA

Dr. Apostolos Tsiachristas, Academic Member, ATINER & Junior Research Fellow, Institute for Medical Technology Assessment, Erasmus University Rotterdam, THE NETHERLANDS

Dr. Selini Katsaiti, Assistant Professor, Department of Economics and Finance, College of Business and Economics, United Arab Emirates University, UAE

Dr. Melina Dritsaki, Academic Member, ATINER & Health Economist, Warwick Medical School, The University of Warwick, UK

Dr. Christalla Pithara, Associate Teaching Fellow, School of Medicine, Keele University, UK

Dr. David M. Wood, Research Fellow, Institute of Pharmaceutical Sciences, King's College London, UK

Dr. Efrosini Papaconstantinou, Assistant Professor, Faculty of Health Sciences, University of Ontario Institute of Technology, CANADA

Dr. Mihajlo (Michael) Jakovljevic, Head of Graduate Health Economics & Pharmacoeconomics Curricula, Associate Professor, Clinical Pharmacology Specialist, The Faculty of Medical Sciences, University of Kragujevac, SERBIA

Dr. Wissam Zam, Assistant Professor, Department of Analytical and Food Chemistry, Faculty of Pharmacy, Al-Andalus University of Medical Sciences, SYRIA

Dr. Anna Tsaroucha, Academic Member, ATINER & Research Development Officer, Department of Social Work, Allied and Public Health, Faculty of Health Sciences, Staffordshire University, UK

Dr. Surasak Soonthorn, Head of the Department of Pharmacy Technique, Sirindhorn College of Public Health Suphanburi, the Ministry of Public Health, THAILAND

Dr. Belal Rahhal, Academic Member, ATINER & Head and Professor, Physiology Department, Faculty of Medicine and Health Sciences, An-Najah University, PALESTINE.

Dr. Sanjay Tiwari, Assistant Professor of Pharmaceuticals, Maliba Pharmacy College, Uka Tarsadia University, INDIA

Dr. Marcelino Jose Jorge, Coordinator, Laboratory for Research in Economics of Healthcare Organizations, Evandro Chagas National Institute of Infectology, BRAZIL

Dr. Srinivasan Kannan, Additional Professor of Health Science Studies, Sree Chitra Tirunal Institute for Medical Sciences and Technology, INDIA

Managing Editor: Ms. Afrodete Papanikou

Offices: Athens Institute for Education and Research

8 Valaoritou Street, 10671 Athens, Greece

Phone: + 30 210 3634210 Fax + 30 210 3634209

Email: health-journal@atiner.gr

URL: <http://www.atiner.gr/journals/health.htm>

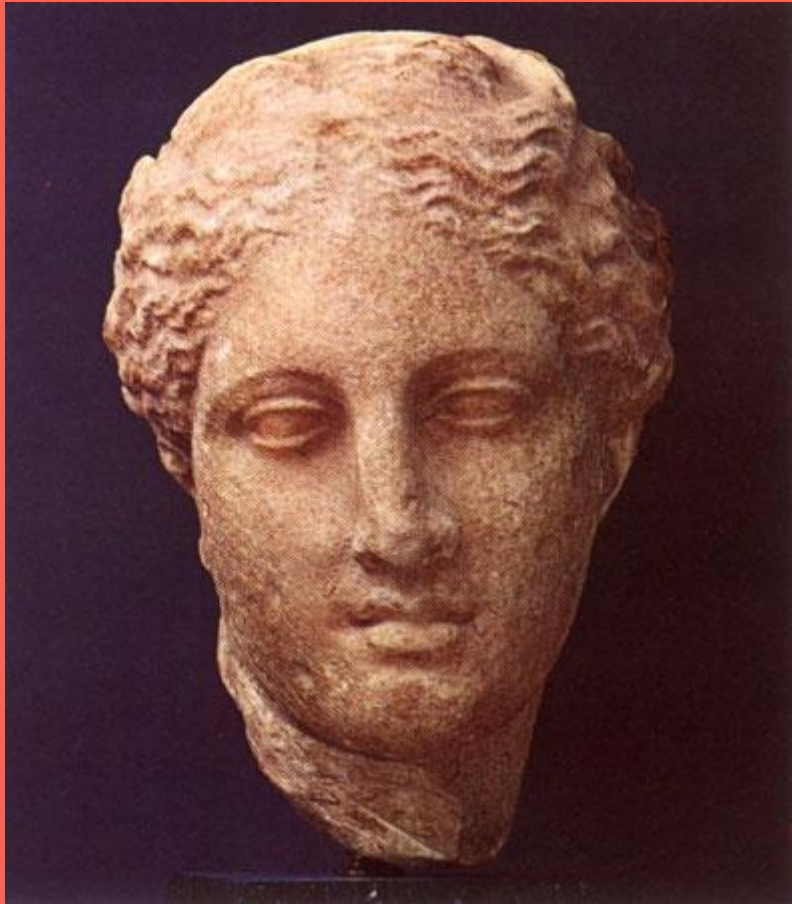
Athens Journal of Health
Volume 2, Issue 1, March 2015

Table of Contents

President's Message	7
ARTICLES	
<u>Sleepless No More: Techniques and Interventions for Sleep Disorders</u> <i>Joanna Katsanis and Katharine C. Newman-Smith</i>	9
<u>Scale up of a Low Energy Process for the Production of Oil in Water Emulsions</u> <i>Sara Raposo, Manuela Urbano and Ana Maria Carneiro</i>	21
<u>Do Consumers Fully Benefit from the Richness of Dietary Contribution to Human Health offered by Tomato?</u> <i>Elena Balacheva, Mariana Radkova, Elena Shopova and Nasya Tomlekova</i>	31
<u>Athens' "Nephos": A Heating Oil Tax Hike, Particulate Matter, and Public Health</u> <i>Sappho Zoe Gilbert</i>	39
<u>Announcements</u>	61

Head of Health Hygeia –Daughter of Asclepius

The exhibit of the National Archaeological Museum No. 3602 is ancient Greek sculpture showing the head of the goddess Hygeia. Found in 1900 or 1901 in the French excavations at Tegea. The marble head is very well preserved, and retains all the features. It was built by the ancient Greek sculptor *Scopas*.



President's Message

The Athens Institute for Education and Research (ATINER) is pleased to announce the publication of a number of peer reviewed, open access journals of original research work. Most of the articles will be selected from the numerous papers that have been presented at the various annual international academic conferences organized by the different research divisions and units of the Athens Institute for Education and Research. The plethora of papers presented every year will enable the editorial board of each journal to select the best, and in so doing produce a top quality academic journal. In addition to papers presented, ATINER will encourage the independent submission of papers to be evaluated for publication.

The current issue is the first from the second volume of the *Athens Journal of Health* published by the Health Research Unit of the Athens Institute for Education and Research (ATINER).

The Head of the Health Research Unit is member of the Editorial Advisory Board. The Academic Members of the research unit are members of the Editorial Board and will assist the editor and the Editorial Advisory Board with the peer reviewing of all submitted papers. Currently, the academic members of the five research units consist of over 100 international experts from about 50 countries.

Gregory T. Papanikos

President

Athens Institute for Education and Research

