

Mayo Clinic Medical Edge

Sleep Problems

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN WAS THE LAST TIME YOU HAD A REALLY GOOD NIGHT'S SLEEP? YOU KNOW, WHERE YOU WAKE UP READY TO TAKE ON THE WORLD? IF YOU'RE LIKE A LOT OF PEOPLE, IT MAY HAVE BEEN AWHILE.
Eric Olson, M.D. Track 2 (5:02)	"I THINK WE ALL, TO SOME EXTENT, HAVE THAT FEELING THAT SLEEP IS LESS IMPORTANT THAN OUR DAYTIME ACTIVITIES BECAUSE WE CONSTANTLY CHIP AWAY AT IT TO DO ALL THE OTHER THINGS THAT DEMAND OUR ATTENTION."
	BUT IT'S NOT JUST FOLKS WHO

	<p>TRY TO BURN THE CANDLE AT BOTH ENDS. DR. ERIC OLSON IS CO-DIRECTOR OF THE MAYO CLINIC CENTER FOR SLEEP MEDICINE. HE SAYS DIAGNOSABLE SLEEP PROBLEMS ARE VERY COMMON.</p>
<p>Dr. Olson Track 2 (4:25)</p>	<p>“IF YOU JUST LOOK AT THE BIG ONES, INSOMNIA, SLEEP APNEA, RESTLESS LEGS, PROBABLY OVER 20-PERCENT OF THE POPULATION MAY BE AFFLICTED.”</p>
	<p>BUT IT’S ONLY BEEN IN THE LAST TEN TO 20 YEARS THAT SLEEP MEDICINE HAS REALLY EXPLODED.</p>
<p>Dr. Olson Track 2 (17:43)</p>	<p>“PATIENTS THAT WE HELP ARE REALLY GRATEFUL. FOR MANY OF THEM IT IS QUITE AN EPIPHANY WHEN THEY FINALLY DO GET A REFRESHING NIGHT’S SLEEP.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN</p>

	WILLIAMS.