

**Mayo Clinic Medical Edge**  
**Seniors & Sleep Problems**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	SLEEP. WE ALL NEED IT. BUT SOMETIMES GETTING TO SLEEP AND STAYING ASLEEP CAN BE A PROBLEM.
<b>Eric Tangalos, M.D.</b> <b>Track 1 (:30)</b>	"EDGAR ALLEN POE WROTE THAT 3-AM WAS THE LONELIEST TIME OF THE 24-HOUR CLOCK. AND IT REALLY IS. IT'S A MISERABLE TIME TO WAKE UP."
	AND SLEEP DIFFICULTIES TEND TO GET WORSE AS WE GET OLDER ADDS MAYO CLINIC DR. ERIC TANGALOS. THERE ARE MANY NEW PRODUCTS BEING ADVERTISED, AND WHILE IT MIGHT

	BE TEMPTING TO TRY A MEDICATION...
<b>Dr. Tangalos</b> <b>Track 1 (3:10)</b>	“THE BEST WAY TO HELP YOU FEEL TIRED, WHETHER YOU’RE 40 YEARS OLD, 50 YEARS OLD, 60 OR 70 IS TO ACTUALLY HAVE A VIGOROUS DAY THAT MAKES YOU WANT TO GO TO SLEEP.”
	DR. TANGALOS SAYS THERE ARE EXERCISE PROGRAMS FOR EVERY LEVEL OF ABILITY AND PEOPLE SHOULD DO THEIR BEST TO STAY ACTIVE SO THAT WHEN THEY GO TO SLEEP, IT’S A RESTFUL SLEEP BECAUSE THERE’S A GOOD NEED FOR IT.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

