

**Mayo Clinic Medical Edge**

***Sleep Medicine***

1:00

**Log**

**Audio**

---

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	AS CO-DIRECTOR OF THE CENTER FOR SLEEP MEDICINE AT MAYO CLINIC, DR. ERIC OLSON IS ON THE FRONT LINES OF A FIELD THAT HAS REALLY EXPLODED OVER THE PAST 10 TO 20 YEARS.
<b>Eric Olson, M.D.</b> <b>Track 2 (6:55)</b>	"WHENEVER ANYONE COMES TO OUR LOBBY, THEY'RE ALWAYS LIKE, 'I CAN'T BELIEVE HOW BUSY YOU ARE'."
	NOT SURPRISING WHEN YOU CONSIDER THAT AN ESTIMATED 20 PERCENT OR MORE OF THE POPULATION IS LIVING WITH A SLEEP DISORDER. THE CENTER

	PIECE OF SLEEP MEDICINE IS THE SLEEP STUDY. THAT'S WHERE PATIENTS SPEND THE NIGHT IN A SLEEP LAB HOOKED UP TO SENSORS THAT MONITOR THINGS LIKE BRAIN WAVES, BREATHING, EVEN LEG MOVEMENT. DATA THAT DR. OLSON AND HIS TEAM USE TO DIAGNOSE SLEEP DISORDERS AND DETERMINE TREATMENT OPTIONS. AND THAT'S IMPORTANT BECAUSE...
<b>Dr. Olson</b> <b>Track 2 (6:10)</b>	"WE KNOW THERE ARE DEFINITELY CONSEQUENCES TO BE PAID FOR NOT GETTING ENOUGH SLEEP."
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.

