

Mayo Clinic Medical Edge
Headaches and Sleep Problems in Kids

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	PLAYING GUITAR IS A TYPE OF THERAPY FOR KATELYN WILSON.
Katelyn Wilson, Patient	"YOU CAN EXPRESS YOURSELF."
	BUT HER MUSIC STOPPED WHEN KATELYN WAS PLAGUED BY CHRONIC DAILY HEADACHES. THEY ALSO MADE IT HARD TO CONCENTRATE IN SCHOOL AND KEPT HER FROM GETTING A DECENT NIGHT'S SLEEP.
	KATELYN'S NOT UNIQUE. MAYO CLINIC DR. LENORA LEHWALD SAYS TWO OUT OF EVERY THREE KIDS WHO HAVE CHRONIC DAILY HEADACHES ALSO HAVE A SLEEP

	DISTURBANCE.
Lenora Lehwald, M.D.	“UNTIL WE ADDRESS THE SLEEP DISORDER, WE’RE NOT GOING TO HAVE VERY MUCH LUCK IN TRYING TO IMPROVE THE HEADACHE DISORDER.”
	DR.LEHWALD RECOMMENDS GOOD SLEEP HYGEINE, INCLUDING USING THE BEDROOM FOR SLEEP ONLY, NO T-V OR VIDEO GAMES AND CONSISTENT BED AND WAKE-UP TIMES. SHE ALSO HELPED KATELYN BREAK THE HEADACHE CYCLE WITH PRESCRIPTION MEDICATIONS. NOW KATELYN’S BETTER RESTED WITH FEWER HEADACHES, AND MUSIC IS BACK IN HER LIFE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.

