

**Mayo Clinic Medical Edge**  
**Seniors and Sleep Aids**

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. IT'S SOMETHING THAT MOST OF US TAKE FOR GRANTED UNTIL WE HAVE A PROBLEM, LIKE FALLING OR STAYING ASLEEP. PROBLEMS THAT OFTEN BECOME MORE COMMON AS WE AGE. THE TEMPTATION MIGHT BE TO TAKE A PRESCRIPTION OR OVER-THE- COUNTER SLEEP AID.
<b>Eric Tangalos, M.D.</b> <b>Track 1 (6:05)</b>	"THEY DO HAVE THEIR PLACE, ESPECIALLY WHEN THEY'RE USED INTERMITTENTLY. BUT MOST OF THESE DRUGS USED OVER A LONG PERIOD OF TIME TEND TO LOSE THEIR POTENCY AND PEOPLE

	<p>WANT MORE AND MORE WITH LESS AND LESS EFFECT.”</p>
	<p>BUT THAT’S NOT THE ONLY REASON THAT MAYO CLINIC DR. ERIC TANGALOS LIKES TO STEER PATIENTS AWAY FROM SLEEP AIDS.</p>
<p><b>Dr. Tangalos</b> <b>Track 1 (2:30)</b>  <b>(3:45)</b></p>	<p>“I TAKE CARE OF A LOT OF REALLY OLD PATIENTS AND THE DIFFICULTY WITH ALL SLEEPING PILLS IS THAT THEY ALL HAVE SOME KIND OF ADVERSE AFFECT TO MEMORY.”</p>
	<p>DR. TANGALOS SAYS THE TIME TO GO TO SLEEP IS WHEN YOU’RE TIRED. AND THE BEST WAY TO MAKE SURE THAT HAPPENS TO STAY ACTIVE, PHYSICALLY AND MENTALLY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>
