

Medical Edge Radio from Mayo Clinic

*Seniors & Sleep*

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	ARE YOU HAVING TROUBLE SLEEPING? MAYBE YOU FIND YOURSELF GOING TO BED LATER, AND GETTING UP EARLIER... OR MAYBE WAKING UP SEVERAL TIMES DURING THE NIGHT. MAYO CLINIC DR. ERIC TANGALOS SAYS THAT SLEEP PATTERNS GET WORSE AS WE GET OLDER AND CONTINUE TO WORSEN.
<b>Eric Tangalos, M.D.</b> <b>Track 2 (1:25)</b>	"IT'S NOT AS RESTFUL, NOT AS SOUND, NOT AS SOLID."
	MANY THINGS CAN ADVERSELY AFFECT OUR SLEEP CYCLES, BUT GENERALLY AS WE GET OLDER,

	<p>WE'RE NOT AS ACTIVE, SO THE BODY DOESN'T FEEL THE NEED TO REST MORE. ONE THING DR. TANGALOS ADVISES AGAINST IS REACHING FOR SLEEPING PILLS.</p>
<p><b>Dr. Tangalos</b> <b>Track 2 (:47)</b></p>	<p>"THEY AFFECT QUALITY OF SLEEP, AND I WARN THEM THAT EVERY SLEEPING PILL ADVERSELY EFFECTS MEMORY."</p>
	<p>INSTEAD, PAY ATTENTION TO WHAT YOU DO WHEN YOU'RE AWAKE. AVOID LATE-NIGHT FOOD OR ALCOHOL, AND TRY TO GET BOTH PHYSICAL AND MENTAL EXERCISE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>