

**Mayo Clinic Medical Edge**

**Night Sweats**

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WORKING UP A SWEAT WHILE EXERCISING IS ONE THING, BUT DOING SO WHILE YOU'RE SLEEPING CAN BE TROUBLING.
<b>J. Taylor Hays, M.D.</b>	"MOST PEOPLE WHO HAVE NIGHT SWEATS ARE WORRIED THAT IT REPRESENTS SOME SERIOUS UNDERLYING DISEASE."
	BUT ACCORDING TO MAYO CLINIC DR. J. TAYLOR HAYS, THAT'S RARELY THE CASE. MINOR INFECTIONS CAN CAUSE SWEATING. BUT SO CAN OUR

	<p>INTERNAL THERMOSTAT.</p> <p>TYPICALLY, THE BODY'S NATURAL TEMPERATURE IS HIGHEST IN THE EVENING AND LOWEST IN THE MORNING.</p>
<b>Dr. Hays</b>	<p>“SO THE RESET CAN CAUSE A LITTLE BIT OF SWEATING. JUST THE AMBIENT ROOM TEMPERATURE CAN CAUSE SWEATING. IF IT IS A LITTLE WARMER THAN USUAL, OBVIOUSLY, IF YOU HAVE COVERS ON, YOU WILL SWEAT MORE.”</p>
	<p>NOW IF THE SWEATING IS ENOUGH THAT YOU HAVE TO CHANGE YOUR SHEETS OR BED CLOTHES, OR IN CONJUNCTION WITH OTHER SYMPTOMS LIKE FEVER, LYMPH NODE SWELLING OR RASHES, IT WOULD PROBABLY BE A GOOD IDEA TO HAVE IT CHECKED OUT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT</p>

MAYOCLINIC.ORG. I'M VIVIEN

WILLIAMS.