

Mayo Clinic Medical Edge
Sleep Disorders in the Elderly

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>SLEEP RELATED LEG CRAMPS... OBSTRUCTIVE SLEEP APNEA... REM SLEEP BEHAVIOR DISORDER AND RESTLESS LEG SYNDROME... A RECENT STUDY SUGGESTS THAT SLEEP DISORDERS SUCH AS THESE ARE A COMMON PROBLEM IN OLDER ADULTS.</p>
<p>Jennifer Molano, M.D.</p>	<p>"WHAT WE FOUND WAS THAT IN THE 892 PARTICIPANTS WHO HAD COMPLETED INFORMATION, 59 PERCENT HAD AT LEAST ONE OF THE FEATURES THAT SUGGESTED ONE OF THESE SLEEP DISORDERS."</p>
	<p>DR. JENNIFER MOLANO LED THE</p>

	<p>ANALYSIS OF DATA COLLECTED BY A TEAM OF MAYO CLINIC RESEARCHERS. SINCE THIS STUDY WAS BASED ON QUESTIONNAIRE RESPONSES, DR. MOLANO SAYS THE NEXT STEP INVOLVES A FORMAL SLEEP STUDY.</p>
Dr. Molano	<p>“TO HOPEFULLY CONFIRM SOME OF THESE RESULTS.”</p>
	<p>THE STUDY IS ONE OF THE FIRST TO LOOK AT A BROADER SPECTRUM OF SLEEP DISORDERS IN OLDER ADULTS. BECAUSE SLEEP DISORDERS CAN HAVE A BIG IMPACT ON QUALITY OF LIFE, UNDERSTANDING THEIR PREVALENCE MAY LEAD TO INCREASED DIAGNOSIS AND TREATMENT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>