

**Mayo Clinic Minute**

**Sleep heart, college depression, PTSD**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	<p>A quick midday nap may not only help you feel refreshed, it may also help your heart. I'm Vivien Williams with your Mayo Clinic Minute.</p> <p>It's all about nap time. Researchers found that a midday rest decreases blood pressure and reduces the need for medication. And the longer the nap, the better.</p>
	<p>Starting college is an exciting time, but the change can also be overwhelming for some students. Depression is common. Mayo Clinic Dr. Jay Hoecker says look for these symptoms.</p>
<b>Jay Hoecker, M.D. Pediatrician Mayo Clinic</b>	<p>"Some of the symptoms would be self-isolation, sadness, eating changes, too much too little, sleeping too much too little."</p>
	<p>Depression is serious, but it is treatable. Contact your health care provider if your college student may be depressed.</p>
	<p>And MIT researchers say the risk of getting Post traumatic stress disorder, or PTSD may be higher if you've lived with chronic stress. They want to find ways to reduce the impact of traumatic events that trigger PTSD.</p>
<b>Full screen graphic w/URL</b>	<p>For more health news, visit the Mayo Clinic News Network.</p>