

Mayo Clinic Minute

Women and Sleep

VIDEO	AUDIO
.	Most adults need at least seven hours of quality rest each night.
	Sleep is a very important time for the brain to basically be cleansing itself.
	But, Mayo Clinic sleep specialist Dr. Eric Olson says women are especially vulnerable to troubles with shut-eye.
	Women do have some unique challenges across the life span to their sleep.
Graphic: Pregnancy Motherhood Menopause	A woman's sleep can suffer during pregnancy. And, for moms who are caregivers, rest can be interrupted by children's nighttime needs.
	In the older years, the whole changes that come with menopause further serve to potentially erode sleep.
Title: ERIC OLSON, M.D. SLEEP MEDICINE Mayo Clinic	That doesn't necessarily translate into them needing more sleep, but I think just points out that there are more potential ways in which they cannot get enough sleep.
	Knowing that, Dr. Olson says women need to make every wink count.
Graphic: Keep a regular bedtime Limit food and drink Avoid bright technology Create comfortable room	His suggestions: Keep a regular bedtime. Limit how much you eat and drink before bed. Avoid using technology with bright screens. And, create a cool, dark, quiet setting.
	The main message is: Get enough, adequate time in bed and in an environment that is conducive for your sleep.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.