

## Mayo Clinic Minute

### A doctor's advice about naps

VIDEO	AUDIO
	"Catnapper," take note:
	<i>Sound of a clock</i>
	Your break should be quick.
<b>Title:</b> <b>Eric Olson, M.D.</b> <b>Sleep Specialist</b> <b>Mayo Clinic</b>	A short nap strikes that balance between allowing you to be refreshed, without giving you that hangover effect from the sleep.
	Dr. Eric Olson is a sleep specialist at Mayo Clinic. He says longer naps can take you into deeper stages of sleep.
Eric Olson, M.D.	"And, with that, then, it's harder to get going when you awaken."
	Doctors call it sleep inertia. Keeping your nap under 30 minutes can help to avoid it.
	<i>Sound of a clock</i>
	Dr. Olson says the need for a longer nap may be a sign of nighttime sleep trouble.
<b>Graphic:</b> <b>Schedule</b> <b>Diet</b> <b>Bedtime routine</b>	Your schedule, diet or bedtime routine could all be causes.
Eric Olson, M.D.	"Or is there suspicion of a sleep disorder that's interfering with what seems like should be an adequate amount of time in bed?"
	<i>Sound of air blowing through a sleep study mask</i>
	A sleep study can identify a disorder and lead to treatment. And, sleep specialists can suggest improvement to bedtime habits.

	<i>Sound of a clock</i>
	Getting help with your sleep can make napping simply refreshing, instead of required.
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.