

**Mayo Clinic Minute: Daytime sleepiness linked to Alzheimer's**

VIDEO	AUDIO
	If you're not getting a good night's sleep, are you more at risk for Alzheimer's later in life? Yes, say some Mayo Clinic researchers.
<b>GRAPHIC:</b> <b>Prashanthi Vemuri, Ph.D.</b> <b>Radiology Research</b> <b>Mayo Clinic</b>	"We found that people who had excessive daytime sleepiness symptoms had greater amyloid deposition over two years."
	Amyloid is a protein that deposits in the brain. It's one of the earliest signs of Alzheimer's. The Mayo Clinic study found more amyloid in the brains of those who had poor sleep quality.
<b>Dr. Vemuri</b>	"More amyloid in the brain suggests that there would be a greater risk of Alzheimer's disease."
	Researchers say that's important because addressing sleep issues and improving sleep quality could potentially prevent Alzheimer's in some patients.
<b>Dr. Vemuri</b>	"Further investigation needs to be done of what kind of sleep issues and disorders that need to be treated that directly impact Alzheimer's disease."
	The study shows that poor sleep is a risk factor for Alzheimer's but doesn't show a concrete relationship between the two. If you have underlying sleep issues, address them with your health care provider.
	For the Mayo Clinic News Network, I'm Jason Howland.