

Mayo Clinic Minute

Signs of a sleep disorder

Video	Audio
Vivien Williams	Research shows proper sleep is essential for good health.
Virend Somers, M.D., Ph.D. Cardiovascular Disease Mayo Clinic	“It’s important because we spend about a third of our lives asleep.”
Vivien Williams	Dr. Virend Somers is a cardiologist who studies sleep because sleep disorders, such as obstructive sleep apnea, are associated with issues that affect the heart.
Virend Somers, M.D., Ph.D.	“If your spouse says that you stop breathing during the night, that’s a very strong signal that you may have sleep apnea.”
Vivien Williams	Other symptoms of a sleep disorder include daytime sleepiness, irritability, obesity, erectile dysfunction, depression and certain heart-related conditions.
Virend Somers, M.D., Ph.D.	“You could have a disease like high blood pressure or like atrial fibrillation, and then definitely we need to look for sleep apnea.”
Vivien Williams	Dr. Somers says a sleep study can help diagnose sleep disorders and let health care providers know what, if any, treatments you might need.
Virend Somers, M.D., Ph.D.	“Because we’ve realized that when you don’t sleep well, bad things happen.”
Vivien Williams	For the Mayo Clinic News Network, I’m Vivien Williams.