# Mayo Clinic Minute

## How no sleep makes health issues worse

| Video | Audio |
|---|---|
| **Vivien Williams**<br>**VO: Adult sleeping or woman tossing in bed** | The CDC says one 1 of 3 adults doesn't get enough shut-eye. |
| **Virend Somers, M.D., Ph.D. (3:35)**<br>**Cardiovascular Disease**<br>**Mayo Clinic** | "The body is not designed to tolerate long term, months and months of not sleeping adequately." |
| **Vivien Williams**<br>**VO: Sleeping person to graphics**<br>  • **Heart disease**<br>  • **Obesity**<br>  • **Depression** | Dr. Virend Somers says long-term sleep deprivation can cause issues, such as heart disease, obesity and depression. And it can also make health problems you already have worse. |
| **Virend Somers, M.D., Ph.D. (2:08)** | "There are things that happen during sleep that carry over into the daytime and can have very dramatic effects on causing daytime disease." |
| **Vivien Williams**<br>**VO: Sleeping person with C-Pap** | For example, when you have obstructive sleep apnea, you stop breathing during sleep. Your oxygen levels go down and carbon dioxide levels go up. |
| **Virend Somers, M.D., Ph.D. (4:20)** | "What that does is raises the sympathetic activity, your fight or flight system." |
| **Vivien Williams**<br>**VO: Blood pressure monitor/person tossing and turning** | Blood pressure rises and may stay higher into the next day. Dr. Somers says brief periods of occasional sleep loss is not a big deal. |
| | For the Mayo Clinic News Network, I'm Vivien Williams. |