

**Mayo Clinic Minute: Poor sleep can be linked to stroke**

Video	Audio
	Sleep: it's something we spend about a third of our lives doing.
	"There's a reason we sleep that much, it's so restorative for brain health. And so adequate sleep helps to ensure that our blood vessels and our brain cells are healthy and viable for years to come."
	But tossing and turning at night can have consequences.
<b>Stephen English Jr., M.D.</b> <b>Neurology</b> <b>Mayo Clinic</b>	Dr. Stephen English, a vascular neurologist at Mayo Clinic, explains why.
	"When people have sleep-related disorders, such as sleep apnea, they're getting less sleep or poor-quality sleep. And that leads to reduced oxygen and blood flow to the brain. And that can reduce or make changes over time to the brain that leads to increased risk of stroke or cognitive impairment from vascular disorders to the brain."
	Dr. English says it's important to recognize that sleep hygiene, along with diet and exercise, is a modifiable risk.
	"The better we are at taking care of the foundational things for our health go a long way to making sure our blood pressure, diabetes, high cholesterol — those are the risk factors. If we can modify those, we can really reduce our risk long term."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.