

Mayo Clinic Minute

Understanding the link between menopause and sleep apnea

Video	Audio
	Hot flashes and night sweats. Many menopausal women get them.
	These women also face an increased risk of obstructive sleep apnea.
Stephanie Faubion, M.D. Women's Health Clinic Mayo Clinic	"That's when you stop breathing at night, and that is a risk factor for heart disease."
	Mayo Clinic's Dr. Stephanie Faubion says sleep apnea has been thought of as a man's disease because symptoms like loud snoring are more noticeable in men. Women's symptoms – insomnia, headache, night sweats, fatigue, depression and anxiety – are often atypical.
	"Women need to understand that it may not be that they're just sweating at night. They may also have a true sleep disorder."
	Dr. Faubion says there is treatment.
	"The most effective treatment option for hot flashes and night sweats is what we call menopausal hormone therapy or estrogen-based therapy."
	And she says obstructive sleep apnea can also be treated, so it's important for women to get the right diagnosis.
	For the Mayo Clinic News Network, I'm Vivien Williams.