

**Transcript of Media Clips with OSF HealthCare Clinical Sleep Director
Dr. Kaninika (kuh-NEE-NUH-kuh) Verma**

"You've got more stress hormones than what you're used to for that time period because you're starting to wake up or your alarm clock is going off when you think you should be sleeping a little bit longer. So that's why we see that bump in the number of heart attacks around that time," she says. (:13)

"If you want to switch your clock, do it in 15 minute increments and don't expect it to happen overnight. You can't just go to bed an hour ahead and expect it to work. It's just not going to happen," she advises. (:11)

"It's looking at air flow from the nose; how much air you're moving. Bands around the chest to see if you're moving. An oximeter to see what oxygen levels are and also there is a snore mic so we know if someone's snoring, we can hear the snoring too." (:14)