

V:10P SLEEPING WITH  
PETS NOT GOOD VO 1

ANCHOR: ANDREW

**{\*\*ANDREW\*\*}**

TAKE VO

**{\*\*VO\*\*}**

**YOUR PETS MAY BE CUTE AND  
PLAYFUL DURING THE DAY...BUT  
THEY MAY ALSO BE WHY YOU'RE UP  
ALL NIGHT.**

**RESEARCHERS SAY THE NUMBER OF  
PEOPLE REPORTING SLEEP  
PROBLEMS DUE TO THEIR PETS ROSE  
SIGNIFICANTLY THIS PAST DECADE.**

**THE MAYO CLINIC STUDY FOUND  
NEARLY 10-PERCENT OF PET  
OWNERS SUFFER FROM LOST SHUT-  
EYE.**

**COMMON PET BEHAVIORS THAT  
DISRUPTED OWNERS SLEEP INCLUDE  
SNORING, WANDERING, AND WAITING  
TO GO OUTSIDE.**

**THE TEAM SUGGESTS SLEEP  
SPECIALISTS NOW ASK THEIR  
PATIENTS WHETHER THEY HAVE A  
PET.**