

# sundown chords

*AI generated article from Bing*

---

## **Late-day confusion in people with dementia - Mayo Clinic**

The term "sundowning" refers to a state of confusion that occurs in the late afternoon and lasts into the night. Sundowning can cause various behaviors, such as confusion, anxiety, aggression or ignoring directions. Sundowning also can lead to pacing or wandering. Sundowning isn't a disease. It's a ...

## **The dawn phenomenon: What can you do? - Mayo Clinic**

The dawn phenomenon is an early-morning rise in blood sugar, also called blood glucose, in people with diabetes. The dawn phenomenon leads to high levels of blood sugar, a condition called hyperglycemia. It usually happens between 4 a.m. and 8 a.m. The cause of the dawn phenomenon isn't clear. Some ...

**[www.urbanohio.com](http://www.urbanohio.com)**

[www.urbanohio.com](http://www.urbanohio.com)

## **Fish oil - Mayo Clinic**

Understand how fish oil might improve heart health and the possible risks of taking too much fish oil.

## **Sun damage - Mayo Clinic**

See photos of common skin conditions that are caused by too much time in the sun.

## **Probiotics and prebiotics: What you should know - Mayo Clinic**

Probiotics and prebiotics are two parts of food that may support gut health. Probiotics are specific living microorganisms, most often bacteria or yeast that help the body digest food or help with symptoms of certain illnesses. Probiotics are naturally found in fermented foods such as yogurt and sauerkraut.

## **Melatonin side effects: What are the risks? - Mayo Clinic**

Is melatonin a helpful sleep aid? What should I know about its side effects? Melatonin is a hormone that plays a role in sleep. Natural levels of melatonin in the blood are highest at night. Some studies suggest that melatonin supplements might be helpful in treating sleep disorders, such as delayed sleep phase. Melatonin supplements also may provide some relief from insomnia and jet lag.

## **Symptom Checker - Mayo Clinic**

Find possible causes of symptoms in children and adults. See our Symptom Checker.

## **Hyperglycemia in diabetes - Symptoms & causes - Mayo Clinic**

Hyperglycemia in diabetes can occur for many reasons. Know the causes, symptoms and treatments of high blood sugar and when to get emergency help.

## **Colloidal silver supplements: Are they safe? - Mayo Clinic**

Colloidal silver supplements are often promoted as cure-alls, but evidence of effectiveness is lacking. Side effects range from change in skin color to organ damage.