



# Sleep Disorders

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Studies show, too little or too much sleep is associated with heart disease.

## Poor sleep may put you at higher risk for:

- Cardiovascular disease.
- Cognitive decline and dementia.
- Depression.
- High blood pressure, blood sugar, and cholesterol.
- Obesity.

## Benefits of good sleep:

- Healing and repair of cells, tissues, and blood vessels.
- Stronger immune system.
- Improved mood and energy.
- Better brain function: Alertness, decision-making, focus, learning, memory, reasoning, and problem solving.
- Less risk of chronic disease.

## CLEAN UP YOUR SLEEP HYGIENE

- **MOVE IT:** Charge your device as far away from your bed as possible. The distance may help you feel less overwhelmed in general.
- **DIM IT:** Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.
- **SET IT:** Alarms are not just for waking up. Set a bedtime alarm to remind you that it is time to wrap it up for the night.
- **LOCK IT:** If you have a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after hour emails, social media, or gaming.
- **BLOCK IT:** Tell notifications to buzz off if they are waking you up at night. Put your phone on "do not disturb" mode to block it all out when you are trying to sleep.