HOW TO GET HEALTHY SLEEP

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. Too little or too much sleep is associated with heart disease, studies show.

LEARN HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. Poor sleep may put you at higher risk for:

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

LEARN THE BENEFITS OF SLEEP

- HEALING and repair of cells, tissues and blood vessels
- STRONGER immune system
- IMPROVED mood and energy
- BETTER BRAIN FUNCTION including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- LESS RISK of chronic disease

Learn more at [heart.org/lifes8](http://heart.org/lifes8)