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