


Be Heart Smart *

'Move More' Tip of the Day

Switch it up and do something by hand today that you normally would have used a machine
- wash dishes by hand, grind your own coffee beans, walk the aisles of the grocery store.



American Heart Association
Healthy for Good™

How Sleep

Affects Your Health



 **1 in 3** adults don't get enough sleep.

How much **sleep** do you need?



Most adults need **7 to 9** hours of sleep each night. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!

Benefits of good **sleep**

-  • Healing and repair of cells, tissues and blood vessels
- Stronger immune system
-  • More creativity and productivity
- Improved mood and energy
-  • Better brain function including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- Healthy growth and development for kids and teens
-  • Better ability to build muscle
- Quicker reflexes
-  • Less risk of chronic disease

Your **Health**

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

- Alzheimer's disease
- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- Diabetes
- High blood pressure
- High blood sugar
- High cholesterol
- Infections
- Obesity

Poor **sleep** can cause:

- Accidents
- Breathing problems
- Hormone imbalance
- Memory and cognitive issues
- Increased appetite and unhealthy eating
- Inflammation
- Stress
- Weight gain

Remember: 7 to 9 will help you feel fine, so get your **ZZZs!**

* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



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