

Sleep and Heart Health



Lack of sleep over time can increase stress and anxiety, which may lead to excess strain on the cardiovascular system.



Adequate sleep helps regulate hunger hormones. This can help prevent overeating from feeling hungry.

Not sleeping enough can increase fatigue, which makes you less likely to stay active during the day. Increased inactivity may lead to weight gain, which could put a greater strain on your heart.



A sedentary lifestyle and overeating due to lack of sleep may lead to certain risk factors for heart disease:

- Weight gain
- Obesity
- Salt retention
- Increased inflammation
- High blood pressure
- Insulin resistance

Tips for Better Sleep

Try to wake up and go to bed at the same time. This helps your body recognize a set time to wake up and fall asleep so that sleep habits become more routine. **Keep the room dark.** A dark room can help increase the body's natural production of melatonin, a hormone that is responsible for creating a sleepy sensation. **Turn off electronics.** Screens from electronics produce blue light, which can decrease the levels of melatonin the body produces. It is more difficult to sleep when melatonin is decreased. **Sleep in a cool room.** A temperature near 65° F can keep you comfortable and signal to your body that it's time to go to sleep. **Keep the room quiet.** It's more challenging to sleep when there are noises, even if they are subtle. **Stay active.** Increasing the amount of physical activity during the day may help you fall asleep easier at bedtime.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

CDC.gov. Tips For Better Sleep. https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html. Accessed 01/06/2023. healthline.com. How Insomnia Affects Your Heart. <https://www.healthline.com/health/insomnia/how-insomnia-affects-your-heart>. Accessed 12/05/2022.

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