

# HEALTH BITS

A SERVICE OF THE CBC HEALTH CARE COMMITTEE

APRIL 2016

## Sleep and Your Heart

### Why is sleep important?

- Sleep is a time of rest for the entire body
- Sleep affects how your body burns calories
- Sleep affects the way that you exercise and perform other daily activities
- Sleep is important for renewing our mental and physical health.

### How to Avoid Poor Sleep

- Take less naps during the day- it can disturb the normal patterns of sleep
- Avoid caffeine
- Don't eat right before you go to bed
- Ensure a regular relaxing bedtime routine- light exposure helps maintain a healthy sleep-wake cycle
- Establish a regular bedtime routine

### Sleep and the Heart

- Two types of sleep
  - REM: 20% of your sleep during the night is this type of sleep. Both blood pressure and heart rate can go up and down during this time.
  - Non-REM: 80% of sleep during the night in this type of sleep. Your heart rate, breathing, and blood pressure all drop to levels below those that occur while you are awake.
- Anytime you wake up from sleep your heart rate and blood pressure climb and your heart must work harder.

### Good Sleep = Healthy Heart

- Get good quality sleep every night
- Watch for signs of sleep related breathing disorder
  - People with sleep related breathing disorders are more likely to have high blood pressure and are at a higher risk of heart disease and stroke.
- Be cautious if you have hypertension
  - Studies have shown that hypertension & OSA (obstructive sleep apnea) go hand in hand
  - Have a CPAP? Wear it! Being noncompliant with your CPAP can worsen heart disease

### How to Sleep Well

- Get up at the same time every day
- Go to bed only when sleepy
- Establish a relaxing pre-sleep ritual
- Exercise regularly
- Maintain a regular schedule
- Avoid caffeine within six hours of bedtime
- Try to nap at the same time every day
- Take your sleeping pills conservatively
- Never combine sleeping pills and alcohol

## ***We Value Your Feedback!***

If you ever have a concern that you would like the Health Care Committee to address (referrals, suggestions for educational topics, home visits, etc.) please contact your Parish Nurse or another member of the Health Care Committee (listed on the church website).

**Liz Alcock, Parish Nurse; (434) 665 4025; 21dancingfeet@gmail.com; cliffordbaptisthealth@gmail.com**