



YOUR CHECKLIST FOR LIFELONG GOOD HEALTH

There are 8 important factors for cardiovascular health. These are split into 2 groups: health behaviors and health factors. Being aware of these and utilizing them in your own life will not just increase your heart health but increase your overall health and well-being. We'll start first with a health behavior, **IMPROVING SLEEP**. Getting enough sleep has many benefits to your health. It can lower your risk of chronic diseases and Type 2 Diabetes, strengthen your immune system, improve your mood and increase your energy.

What can you do to get enough sleep?

INCREASE daylight, movement, and consistency in your daily schedule. Most adults need at least 7-8 hours of sleep each night. Getting natural light exposure during the daytime along with regular exercise makes it easier to fall asleep at night. Consistency is key: go to bed and wake up at the same time every day, even on the weekends.

DECREASE nighttime activity, heavy meals, alcohol, nicotine, caffeine, and screen time before bed. Consuming heavy meals before bed can affect digestion and sleep quality. Alcohol before bed may help you fall asleep, however, as your body starts to metabolize alcohol, it can cause awakenings. Nicotine and caffeine are stimulants that can have a negative impact on the quantity and quality of sleep. Try limiting your screen time about 2 hours before bed. Screen time before bed can disrupt the melatonin surge needed to fall asleep. Try to wind down at night by reading a book, taking a bath, or using other relaxation techniques to get your brain and body ready for a good night's rest.

For more information, visit American Heart Association's website.

[Life's Essential 8 | American Heart Association](#)