

HEALTH

How does sleep affect your heart health?

If you're like many of us, your sleeping habits may change depending on the season, holidays, events, work schedule, etc. The CDC has recently shown that getting good sleep isn't just important for your energy levels—it is critical for your heart health, too.

Sleep is not a luxury. It is critical to good health. Sleep helps your body repair itself. Getting enough good sleep also helps you function normally during the day.

How much sleep do I need?

Most adults need at least 7 hours of sleep each night. However, more than one in three American adults say they don't get the recommended amount of sleep. While this may be fine for a day or two, not getting enough sleep over time can lead to serious health problems—and make certain health problems worse.

What health conditions are linked to a lack of sleep?

Adults who sleep less than 7 hours each night are more likely to say they have had health problems, including heart attack, asthma, and depression. Some of these health problems raise the risk for heart disease, heart attack, and stroke. These health problems include:

High blood pressure. During normal sleep, your



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blood pressure goes down. Having sleep problems means your blood pressure stays higher for a longer amount of time.⁴ High blood pressure is one of the leading risks for heart disease and stroke. About 75 million Americans—one in three adults—have high blood pressure.

Type 2 diabetes. Diabetes is a disease that causes sugar to build up in your blood, a condition that can damage your blood vessels. Some studies show that getting enough good sleep may help people improve blood sugar control.

Obesity. Lack of sleep can lead to unhealthy weight gain. This is especially true for children and adolescents, who need more sleep than adults. Not getting enough sleep may affect a part of the brain that controls hunger.

Feeling tired? Can't stop yawning? You may not be getting enough sleep. Over time, not getting good sleep can hurt your heart health.

What sleep conditions can hurt my heart health?

Sleep apnea happens when your airway gets blocked repeatedly during sleep, causing you to stop breathing for short amounts of time. Sleep apnea can be caused by certain health problems, such as obesity and heart failure.

Sleep apnea affects how much oxygen your body gets while you sleep and increases the risk for many health problems, including high blood pressure, heart attack, and stroke. It is more common among blacks, Hispanics, and Native Americans than among whites.⁷

Insomnia is trouble falling sleep, staying asleep, or both. As many as one in two adults experiences short-term insomnia at some point, and 1 in 10 may have long-lasting insomnia. Insomnia is linked to high blood pressure and heart disease. Over time, poor sleep can also lead to unhealthy habits that can hurt your heart, including higher stress levels, less motivation to be physically active, and unhealthy food choices.

What can I do to get better sleep?

Stick to a regular sleep schedule. Go to bed at the same time each night and get up at the same time each morning, including

on the weekends.

Get enough natural light, especially earlier in the day. Try going for a morning or lunchtime walk.

Get enough physical activity during the day. Try not to exercise within a few hours of bedtime.

Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.

Don't eat or drink within a few hours of bedtime, especially alcohol and foods high in fat or sugar.

Keep your bedroom cool, dark, and quiet.

Work with your health care team to identify obstacles to good sleep, including other medical conditions.

Locally, Community Health Center of Northeast Oklahoma, Inc., dba Afton, Grove and Welch Community Health Centers continue to serve the area with the finest in personalized health care. For details or to schedule an appointment contact (918) 257-8029, (918) 801-7504 or (918) 788-3918 or download our mobile app from our website www.chcneo.com, like us on Facebook or follow us on Twitter, Instagram, Reddit, Digg, Tumblr, Google+, or YouTube @ [chcneo7](https://www.facebook.com/chcneo7). A sliding payment scale is available for patients based on family size and income.

Red Cross urgently needs blood, platelet donations

Staff reports
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Emergencies don't take a holiday. The American Red Cross urgently needs blood and platelet donors to make an appointment now to give and help ensure patients can get the treatment they need at a moment's notice.

In November 2016, a 100-foot maple tree fell on Mike McMahon, causing life-threatening injuries. He needed 11 units of blood during emergency surgery and another seven units to treat complications after. Six weeks following the accident, McMahon was released from the hospital — just in time to spend the holidays with his family.

"I'm grateful for the donors who gave me such an amazing gift — the gift of life," said McMahon. "I was an occasional blood donor before the accident. Today, I donate as often as I can to help ensure others receive blood when they need it most."

Now is an important time to give blood and platelets. A seasonal decline in donations occurs from Thanksgiving to New Year's Day when donors get busy with family gatherings and travel. In addition, severe winter weather can cause blood drive cancellations and negatively affect the blood supply. Patients like McMahon can't afford for there to be a shortage of blood.

Give the gift of life — make an appointment to donate

blood and platelets by downloading the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

As a special thank-you for helping meet the urgent need, those who come to give Dec. 20 through Jan. 6 will receive a long-sleeved Red Cross T-shirt, while supplies last.

Blood drives slated in

Ottawa County include:
Jan 3 — High Winds Casino, 61475 E 100 Road, 12:30 p.m. to 6:30 p.m.

Jan 15 — Northeast Technology Center, 19901 South Highway 69, 8:30 a.m. to 2:30 p.m.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

How Healthy is Your Heart?



Heart disease is all about time: the time it takes to get to the ER during a heart attack, the time heart disease takes from you, and more importantly, **the time you still have to prevent it.**

At INTEGRIS, it couldn't be simpler. A quick HeartScan by our advanced imaging system can give you a precise measure of calcium deposits in your arteries — a clear picture of your heart's health.

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*The \$50 cash pay price is due at time of service. See our website for details.

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