

# Adequate sleep important for your heart health, says physician

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Credit: Andrea Piacquadio from Pexels

Does how much you sleep affect your heart? According to the Centers for Disease Control and Prevention, adults who sleep fewer than seven hours each night are more likely to experience health problems.

Dr. Juan Cardenas Rosales, an internal medicine physician at Mayo Clinic, stresses that [adequate sleep](#) is crucial for your overall well-being, including your heart health.

Getting a good night's sleep can give you the energy to jump-start your day and your health.

"Sleeping is very important to try to prevent other [chronic conditions](#) in the future, such as diabetes, heart attacks and strokes," says Dr. Cardenas Rosales.

When it comes to how many hours a night adults should sleep, keep the number seven in mind.

"It's usually recommended for you to sleep at least seven hours per night in order to allow your body to recover to be ready for the following day," he says.

"Try to sleep at the same time. Try to get a schedule in which you're going to sleep at the same time and you're waking up also at the same time, that's very important," Dr. Cardenas Rosales says. "You want to set up the environment to make it easier for your body to fall asleep."

## **Create good sleep habits**

- Keep the time you go to bed and the time you wake up the same every day, including weekends.
- Stay active. Regular activity can lead to a good night's sleep.
- Limit naps or do not nap at all.
- Limit or do not use [caffeine](#), alcohol and nicotine.
- Do not eat large meals or drink a lot of fluids before bed.
- Make your bedroom comfortable.
- Create a relaxing bedtime ritual, such as taking a warm bath,

reading or listening to soft music.

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