

Title A: **How Does Sleep (Or Lack Thereof) Affect My Health?**

Subtitle: *What you need to know about sleep health.*

Title B: **Sleep and Health: How Are They Related?**

Subtitle: *The relationship between sleep and your health.*

Title C: **How Sleep Affects Your Well-Being**

Subtitle: *How many hours of sleep should you be getting?*

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## Introduction



[\(Source\)](#)

According to the [National Sleep Foundation](#), “[45%] of Americans say that poor or insufficient sleep affected their daily activities at least once in the past seven days.”

*How has sleep affected your life in the past seven days?*

Most Americans report the following symptoms when experiencing a lack of sleep:

- Difficulty concentrating
- Excessive daytime sleepiness

- Lack of energy
- Mood disturbances such as irritability and impulsiveness
- Forgetfulness
- Decreased performance
- And more.

Sleep has a major effect on mental, physical, and emotional well-being, and it's crucial for your health to understand how a lack of sleep can impact your day-to-day life.

## How Sleep Affects...

### **The Nervous System**

Did you know that your body is working hard while you sleep?

Your central nervous system forms pathways between nerve cells to help you remember new information you learned during the day. Lack of sleep leaves your brain exhausted, making it more difficult to perform this duty. It also makes it difficult for your brain to concentrate and coordinate basic functions, increasing your likelihood to mess up at school or work.

**INSERT CTA HERE: Click [here](#) for the top 5 exercises for a happy and healthy heart.**

### **The Immune System**

Did you know that our sleep cycles and immune system are intricately related?

According to the [Semel Institute for Neuroscience and Human Behaviour](#), "even a small amount of sleep loss can trigger an immune system response in the body that increases inflammation that can cause tissue damage."

The reason is that during our deepest sleep cycle, our muscles relax and our body takes this time to repair tissue damage. A lack of sleep means that our body has less time to repair that damage.

Furthermore, lack of sleep deprives the body of important disease-fighting substances that help prevent foreign bacteria and viruses from entering our systems. As a result, we get sick more frequently and for longer.

**INSERT CTA HERE: Click [here](#) to learn the differences between heart failure and a heart attack.**

### **The Cardiovascular System**

Did you know that insomnia is linked to an increased risk of cardiovascular disease?

According to the [National Sleep Foundation](#), “one study that examined data from 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night.”

Sleep affects the processes that help to keep your blood vessels and heart healthy. This includes regulating your blood sugar levels, blood pressure, and inflammation. Lack of sleep may trigger an increase in blood sugar levels, blood pressure, and inflammation in and around the heart and, in turn, lead to heart disease.

Furthermore, when you’re sleeping, your body repairs the blood vessels around and within your heart.

**INSERT CTA HERE: Click [here](#) for 8 habits you probably didn’t know were bad for your heart.**

So... how much sleep should you be getting per night?

Age, gender, lifestyle, and health history are all contributing factors to how much sleep you should be getting per night. However, here’s a general idea from the [National Heart, Lung, and Blood Institute](#) about how much sleep you should be getting based on your age:

Age	Recommended Amount of Sleep
Infants aged 4-12 months	12-16 hours a day (including naps)
Children aged 1-2 years	11-14 hours a day (including naps)
Children aged 3-5 years	10-13 hours a day (including naps)
Children aged 6-12 years	9-12 hours a day
Teens aged 13-18 years	8-10 hours a day
Adults aged 18 years or older	7-8 hours a day

[\(Source\)](#)

## Conclusion

Getting a better night's sleep can be as simple as upping your exercise routine, changing your diet (i.e., no caffeine or sugar before bed), or turning the tv off an hour before bedtime. In other cases, like when someone suffers from insomnia or sleep apnea, getting a good night's sleep requires more attention.

Talk to your doctor about how much sleep you should be getting and the best method for you to get to sleep!

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