SLEEP LIKE A STAR

Getting a good night's sleep every night is vital to cardiovascular health. Most adult women need 7 to 9 hours of sleep each night. Studies have shown that too little or too much sleep can be associated with heart disease.

Learn to Love Sleep

The benefits of good sleep include:

» **Better brain function** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving

» **Improved** mood and energy

» **Stronger** immune system

» **Healing** and repair of cells, tissues and blood vessels

» **Less risk** of chronic disease

Poor sleep may put you at higher risk for:

» Depression and anxiety

» Memory loss and dementia

» High blood pressure, blood sugar and cholesterol

» Obesity

» Heart Disease

SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your healthy sleep goals.

» **TAKE CHARGE OF WHERE YOU CHARGE**
Charge your device as far away from your bed as possible. The distance may help you feel less overwhelmed in general.

» **DIM IT DOWN**
Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production that help support healthy sleep.

» **SCHEDULE YOUR SLEEP**
Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to start winding down for the night.

» **STOP THE SCROLL**
If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.

» **TELL NOTIFICATIONS TO BUZZ OFF**
Put your phone on "do not disturb" mode to block notifications if they are waking you when you're trying to sleep.

GO RED TOGETHER

Help other women in your life sleep like stars. Share resources from heart.org/sleep with your friends.

goredforwomen.org/lifes8women

Go Red for Women is nationally sponsored by

♥CVSHealth.