



## **-FOR IMMEDIATE RELEASE- Sleep Tips for a Healthy Heart**

(SALEM, OHIO) – February 22, 2022 – Good sleep helps the mind and body recharge and is especially important for those with a heart condition.

A good night's rest eases stress on the heart, as blood pressure and heart rates go down during sleep.

### Tips to Sleep Better

- Keep a regular schedule for going to bed and waking up at the same time each day.
- Avoid large meals, caffeine and alcohol before bedtime.
- Reduce the use of electronic devices like smartphones and TVs in the bedroom.
- Find time to exercise during the day.

### When to Seek Help for Sleep Problems

About 70 million Americans suffer from some type of chronic sleep problem. Sleep disorders are conditions that affect a person's ability to fall or remain asleep, make it difficult to stay awake during the day, impact a healthy sleep schedule or result in unusual behaviors that disrupt sleep. Some of the most common sleep problems include:

- **Obstructive sleep apnea**, where a person stops breathing during sleep.
- **Restless leg syndrome**, where a person experiences an intense and often irresistible urge to move their legs.
- **Narcolepsy**, where a person has difficulty controlling whether they sleep or stay awake.
- **Insomnia**, where a person has trouble falling asleep or staying asleep.

### Local Care for Sleep Disorders

The Salem Sleep Center offers a comfortable setting for a variety of diagnostic sleep studies that can help identify sleep problems. A service of Salem Regional Medical Center, the Salem Sleep Center is located at 2094 East State Street, Suite F, in Salem. For more information, call 866-520-5646.



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