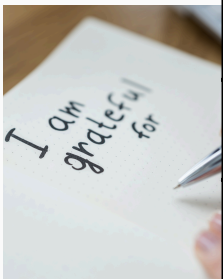# SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

SLEEP HEALTH

Sleep is essential for cardiovascular health and plays a key role in regulating blood pressure. During sleep, the body undergoes restorative processes, including a natural drop in blood pressure (nocturnal dipping), which gives the heart and blood vessels a chance to rest. Consistently poor sleep disrupts this process, contributing to elevated blood pressure and increases the risk of hypertension-related complications such as heart attack and stroke. Prioritizing sleep and creating a healthy sleep environment can lead to better blood pressure management, improved overall well-being, and reduced risk of hypertension-related health issues.

REJUVENATE: LIVE WITH ENERGY AND FOCUS!

AIM FOR **7-9 HOURS** OF SLEEP PER NIGHT

CREATE A HEALTHY SLEEP ENVIRONMENT

Darkness	Use blackout curtains or an eye mask to block light. Darkness promotes melatonin (a hormone that regulates sleep).
Cool Temperature	Keep the room temperature between 60–67°F.
Quiet	Use earplugs or a white noise machine.
Limit Screen Time	Avoid using devices at least 1 hour before bed to reduce blue light exposure, which can suppress melatonin.
Consistent Schedule	Go to bed and wake up at the same time, even on weekends, to regulate internal clock.
Limit Stimulants	Avoid caffeine, nicotine, and heavy meals 4–6 hours before bedtime.
Relaxing Activities	Develop a calming bedtime routine, like reading or meditating, to signal body for sleep.
Reduce Stress	Address stress/worries earlier in the day. Journal or create to-do lists to clear mind before bed.
Avoid Alcohol	Alcohol disrupts deep sleep cycles and can increase the risk of sleep apnea, exacerbating high blood pressure.

How Sleep Impacts Blood Pressure

1. *Restores Heart Function:* Sleep allows the heart to work less hard, reducing the strain on blood vessels.
2. *Regulates Hormones:* Sleep helps balance stress hormones like cortisol, which can elevate blood pressure when consistently high.
3. *Reduces Inflammation:* Poor sleep increases inflammation in the body, which is linked to blood vessel damage and hypertension.
4. *Supports Weight Management:* Sleep helps regulate appetite hormones, reducing the risk of overeating and obesity, which are risk factors for hypertension.