

SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

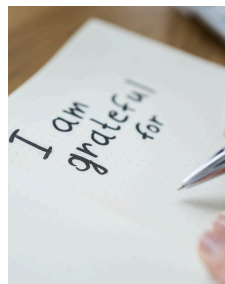
SLEEP HEALTH

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 your 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 to your body that it's time to sleep.
- **Reduce Stress**
 - Address stress/worries earlier in the day. Journal or create to do lists to clear your 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.