

Health Highlights: Sleep's impact on the heart + nursing shortage  
Matt Sheehan | Media Relations Coordinator  
Video Version

**ANCHOR INTRO:**

THE HEART YEARNS FOR SLEEP. WITH TOO LITTLE OR TOO MUCH SLEEP – WE CAN EXPERIENCE LONG-LASTING HEALTH PROBLEMS. PLUS - HOW OSF HEALTHCARE IS ADDRESSING THE NURSING SHORTAGE.  
MATT SHEEHAN TAKES A CLOSER LOOK IN THIS WEEK'S HEALTH HIGHLIGHTS.

<((DON'T SLEEP ON GETTING GOOD SLEEP.  
FOR ADULTS – ENOUGH SLEEP IS SEVEN TO EIGHT HOURS... BUT GETTING SIX OR FEWER HOURS OF SLEEP HAS SIGNIFICANT HEALTH RISKS.  
ONE IN PARTICULAR IS HEART DISEASE. DR. FRANK HAN... (LIKE HAND – WITHOUT THE D)  
IS A CARDIOLOGIST AT OSF HEALTHCARE. HE SAYS HEART DISEASE ISN'T SOMETHING THAT HAPPENS OVERNIGHT... BUT OVER TIME.

**DR. FRANK HAN | CARDIOLOGIST | OSF HEALTHCARE**

"The link mainly comes in when you don't have enough sleep. It then triggers some of the stress hormones of the body," Dr. Han says. "If you're changing your sleep schedule a lot, that can mess around with your circadian rhythm."

ANOTHER PROBLEM BAD SLEEPING HABITS CAN LEAD TO IS AN INCREASE IN INFLAMMATION IN THE BODY. DR. HAN RECOMMENDS AVOIDING SCREEN TIME BEFORE BED... AND ADDS TOO MUCH CAFFEINE CAN KEEP YOU FROM SLEEPING.

IT'S NO SECRET THERE IS A NURSING SHORTAGE ACROSS THE COUNTRY. ABOUT 1-HUNDRED THOUSAND REGISTERED NURSES LEFT THE WORKFORCE OVER THE PAST TWO YEARS DUE TO STRESS... BURNOUT... AND RETIREMENTS WITH MORE ON THE WAY IN THE NEXT FEW YEARS.

TO STEM THE TIDE – SOME HEALTH CARE ORGANIZATIONS ARE OFFERING SIZABLE SIGN-ON BONUSES TO NEW NURSES AND RETENTION BONUSES TO CURRENT STAFF.

NURSING COLLEGES – HOWEVER – ARE THINKING OUTSIDE THE BOX WHEN RECRUITING STUDENTS... INCLUDING FINDING MORE MALE STUDENTS WHO MAKE UP ONLY 13-PERCENT OF THE WORKFORCE. DR. CHARLENE AARON – PRESIDENT OF OSF COLLEGES OF NURSING – SAYS THINGS ARE LOOKING UP. OSF EXPERIENCED A 42-PERCENT INCREASE IN ENROLLMENT IN THE FALL 2023 SEMESTER.

**DR. CHARLENE AARON | PRESIDENT | OSF COLLEGES OF NURSING**

"Enrollment is on the way up because people understand that a nursing career is a solid career. They will always have a job and are learning more and more about the variety of how they can spend their career in nursing."

OSF HEALTHCARE NOW OFFERS A 12-MONTH ACCELERATED NURSING PROGRAM. THE PROGRAM STARTED AT SAINT FRANCIS MEDICAL CENTER IN PEORIA... IN OCTOBER 2023. AND WILL BE AVAILABLE AT SAINT ANTHONY COLLEGE OF NURSING IN ROCKFORD THIS FALL.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M MATT SHEEHAN.)>>