

Sleep's impact on heart health

OSF HealthCare Newsroom

Matt Sheehan – Media Relations Coordinator

TV PKG

TRT: 1:36

Lower Thirds:

Dr. Sarah Zallek | Medical Director | OSF Sleep Peoria – 11-18

Dr. Frank Han | Cardiologist | OSF HealthCare – 52-1:00

ANCHOR INTRO

THE HEART YEARNS FOR SLEEP. WITH TOO LITTLE OR TOO MUCH SLEEP – WE CAN EXPERIENCE LONG-LASTING HEALTH PROBLEMS.

OSF HEALTHCARE'S MATT SHEEHAN BREAKS DOWN WHY DOCTORS SAY SLEEP IS THE HEART BEAT... OF HEART HEALTH.

TAKE PKG

<<(DR. SARAH ZALLEK – THE MEDICAL DIRECTOR OF OSF SLEEP IN PEORIA – CALLS SLEEP THE “KEYSTONE OF LIFE.”

DR. ZALLEK SOT: “Sleep has to be enough and good quality,” Dr. Zallek says. “For an adult, enough sleep is 7-8 hours. Eight is biological, that’s how we’re programmed. Getting six and fewer hours of sleep has significant risk.”

FOR KIDS – DR. ZALLEK SAYS THE AMOUNT OF SLEEP NEEDED... CHANGES BY AGE.

DR. ZALLEK SOT: “Babies need 16-17 hours a day. Toddlers need 14 hours, but by the time they’re 6-years-old and out of kindergarten, kids shouldn’t be sleepy at all during the daytime. They should be exquisitely awake and sleep 12 hours a night,” Dr. Zallek says. “A 10-year-old needs about 10 hours of sleep. Teenagers need between 8-10 hours of sleep a night.”

CONSISTENTLY FAILING TO SLEEP ENOUGH... CAN LEAD TO A VARIETY OF HEALTH PROBLEMS... INCLUDING HEART DISEASE. DR. FRANK HAN IS A CARDIOLOGIST AT OSF HEALTHCARE. HE SAYS HEART DISEASE ISN'T SOMETHING THAT HAPPENS OVERNIGHT... BUT OVER TIME.

DR. HAN SOT: “If you’re changing your sleep schedule a lot, that can mess around with your circadian rhythm.”

THE PLETHORA OF HEALTH PROBLEMS CAN BE CAUSED BY A WIDE VARIETY OF DAILY CHOICES WE MAKE. DR. ZALLEK SAYS CAFFEINE CAN KEEP YOU FROM SLEEPING. AND BOTH DR. ZALLEK AND DR. HAN SAY SCREEN TIME BEFORE BED NEEDS TO BE AVOIDED.

DR. HAN SOT: “Don’t play your computer games right before you go to sleep. Don’t have a TV inside your room,” Dr. Han says.

DR. ZALLEK SOT: “Fewer than five hours of sleep almost doubles the risk of coronary artery disease.”

OSF HEALTHCARE PROVIDERS CAN HELP YOU DEVELOP GOOD SLEEPING HABITS... WHILE FOCUSING ON GOOD-QUALITY OVERALL HEALTH.

(LOWER 1/3: osfhealthcare.org/sleep/)

CHECK OUT THE OSF SLEEP WEBSITE FOR MORE RESOURCES.
REPORTING FOR OSF HEALTHCARE – I’M MATT SHEEHAN.>>)