

Sleep's impact on heart health

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO

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

TAKE VO

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

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 WHO SPECIALIZES IN PEDIATRIC AND ADULT CONGENITAL HEART DISEASE. HE SAYS HEART DISEASE ISN'T SOMETHING THAT HAPPENS OVERNIGHT... BUT OVER TIME.

DR. HAN SOT: “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.”

VO TAG (BRIDGE TO SOT#2)

ANOTHER PROBLEM BAD SLEEPING HABITS CAN LEAD TO IS AN INCREASE IN INFLAMMATION IN THE BODY.

DR. ZALLEK SOT: “Inflammation causes all sorts of things, including heart disease,” Dr. Zallek says.

VO TAG

A VARIETY OF HEALTH PROBLEMS CAN BE CAUSED BY TOO LITTLE SLEEP. 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.

VO/SOT # 2

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THE PLETHORA OF HEALTH PROBLEMS – FROM POOR SLEEPING HABITS -- CAN BE CAUSED BY DAILY CHOICES WE MAKE. DR. ZALLEK SAYS CAFFEINE CAN KEEP YOU FROM SLEEPING. AND DR. FRANK HAN.. A CARDIOLOGIST WITH OSF HEALTHCARE... SAYS 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.

VO TAG (BRIDGE TO SOT#2)

SOME PEOPLE USE ALCOHOL TO HELP PUT THEM TO SLEEP. DR. ZALLEK SAYS WHILE AN ALCOHOLIC DRINK CAN MAKE YOU SLEEPY – THERE ARE NEGATIVE CONSEQUENCES TO YOUR SLEEP SCHEDULE TOO.

DR. ZALLEK SOT: “The trick with alcohol is that it wakes you up in the second half of the night. Even if you’re not aware of it, you’ll have less good-quality sleep with alcohol on board,” Dr. Zallek says.

VO TAG

OSF HEALTHCARE PROVIDERS FROM DIFFERENT DEPARTMENTS WORK HAND-IN-HAND TO HELP PEOPLE OBTAIN GOOD SLEEPING HABITS... WHILE FOCUSING ON GOOD-QUALITY OVERALL HEALTH. IF YOU NEED TO SEE A HEALTH CARE PROVIDER FOR SLEEP CHALLENGES... YOU CAN VISIT THE OSF SLEEP WEBSITE.