

**Mayo Clinic Minute**

**Sleep and your heart**

Video	Audio
	How much sleep do adults need to be heart-healthy?
<b>Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic</b>	"Napoleon said the common man requires seven, the fool requires eight, and I require but six. So ... but everybody's individual."
	Cardiologist Dr. Stephen Kopecky says individual sleep needs vary, but the general rule is for adults to get seven to nine hours a night.
	"Why is sleep important to heart health? A couple reasons."
	If you have a condition such as obstructive sleep apnea keeping you from getting sufficient sleep ...
	"... then you're more prone to arrhythmias or irregular heartbeats."
	Arrhythmias increase your risk of serious events, such as stroke, heart attack and sudden cardiac death.
	"The second thing is if you don't sleep adequately, it's been shown that other habits are not as good. You don't eat as well. You eat more junk food."
	Plus, you might be too tired to exercise. Talk to your health care provider about ways to help you sleep better to improve heart health.
	For the Mayo Clinic News Network, I'm Vivien Williams.