

Mayo Clinic Minute: Are you getting enough sleep for your best heart health?

Intro: We know getting a good night's sleep is important. But exactly how much sleep do we need? Recently the American Heart Association added sleep to its list for improving and maintaining your heart health. Dr. Regis Fernandes, a Mayo Clinic cardiologist, explains how many hours of sleep people need for optimal heart health.

Video	Audio
	(Track) When it comes to sleep, turns out quantity is just as important as quality.
Dr. Regis Fernandes Cardiology Mayo Clinic	(Sot) And the reason why is studies have shown if you sleep less than seven hours a day you have a higher cardiovascular risk or a risk for heart disease or stroke.
	(Track) So important that sleep was added to the American Heart Association's Life's Essential 8, along with maintaining a healthy weight, not smoking, staying physically active, a healthy diet, and controlling your blood pressure, cholesterol and blood sugar. Mayo Clinic's Dr. Regis Fernandes says when it comes to sleep, there is a number of hours you should aim for
	(Sot) In: The sweet spot is 8 hours, minimum 7, maximum 9..but the sweet spot is right at 8.
	(Track) And that mean eight hours of quality sleep. Dr. Fernandes has these tips:
	(Sot) In: So you have to turn off the TV, cell phones, make the room cool and dark and avoid alcohol.
	(Track) For the Mayo News Network, I'm Marty Velasco Hames