

## Mayo Clinic Minute: Sleep and heart health

Video	Audio
	Getting a good night's sleep can give you the energy to jump-start your day and your health.
	"Sleeping is very important to try to prevent other chronic conditions in the future, such as diabetes, heart attacks and strokes."
	When it comes to how many hours a night, Mayo Clinic's Dr. Juan Cardenas Rosales says keep the number 7 in mind.
<b>Juan Cardenas Rosales, M.D.</b> <b>Internal Medicine</b> <b>Mayo Clinic</b>	"It's usually recommended for you to sleep at least seven hours per night in order for you to allow your body to recover to be ready for the following day."
	He offers practical steps to help you get better rest.
	"Try to sleep at the same time. Try to get a schedule in which you're going to sleep at the same time and you're waking up also at the same time."
	Other tips include staying physically active but not right before bed — and shutting down your digital screens at least an hour before shut-eye.
	"You just want to set up the environment in which is easier for your body to fall asleep."
	For the Mayo Clinic News Network, I'm Jason Howland.