



Rest for Your Heart

Did you know that sleep is just as important to your heart health as diet and exercise? It's estimated that patients with sleep apnea are 2-4 times more likely to develop heart arrhythmias (abnormal heart rhythms) than people without this condition.

Sleep apnea increases the risk of heart failure by 140% and the risk of coronary heart disease by 30%. Sleep disturbances are common and underdiagnosed among middle-aged and older adults, and the prevalence varies by race/ethnicity, sex, and obesity status.

By Linnea Ritter, Family Nurse Practitioner & Clinical Director, Marathon Health



The American Heart Association (AHA) added sleep to their Life's Essential 8 in 2022. All of the aspects shown by icons and the descriptions below, are the key measures the AHA has identified that maintain and enhance cardiovascular health.

Life's Essential 8: Be More Active, Quit Tobacco, Get Healthy Sleep, Manage Weight, Control Cholesterol, Manage Blood Sugar, and Manage Blood Pressure

To learn more, visit the link below or scan the QR code.

- www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8



Employee Testimonial

"I always thought I was a good sleeper; I never had a problem falling or staying asleep and I didn't worry about my occasional snoring. It wasn't until I started waking up every morning with a headache that I consulted my primary care doctor and was referred for a sleep study.

I was surprised when the results showed that I had severe sleep apnea and that 70% of the time I was only experiencing light sleep. I reluctantly started using a CPAP machine. I don't think I am being overly dramatic in saying it has been life changing. I woke up that first morning, and every morning since, feeling rested and refreshed and I no longer experience the fatigue and daytime sleepiness that I had become used to.

I didn't realize how much stress my undiagnosed sleep apnea was putting on my heart and the potential damage that was being done to my body due to not experiencing the deep, restorative sleep that we all need every night. My adjustment to sleeping with a CPAP machine has been very comfortable and positive, the benefits FAR outweigh any inconvenience. I encourage you to take the Epworth Sleepiness Scale and consult with the Be Well Health Center or your primary care provider to determine if you may benefit from a sleep study."

By MaryBeth Schmitt, Cretex Corporate Be Well Champion

Video Resource: Sleep Apnea, Causes, Signs and Symptoms, Diagnosis and Treatment *By Medical Centric*

To view this video, visit the link below or scan the QR code.

- [www.youtu.be/IMON9zmViu4](https://youtu.be/IMON9zmViu4)



FEATURED ACTIVITY

View the video "Sleep Apnea and its Impact on the Heart" by St. David's Healthcare and fill out the Teams form or attend the onsite blood pressure clinic on 2/9 from 10:30-11:30am. You can participate in both activities but you only need to complete one activity to be eligible for this month's incentive.

How to Participate: Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

Video



<https://go.cretex.com/bwsleep23>

Teams Form



<https://go.cretex.com/bw0223>