

It is also important to have regular visits with your doctor. At these visits you can have your blood pressure, blood sugar, and lipids checked. These tests can give your doctor a sense of your overall heart health and risk level. Knowing your risk level is an important start to taking control of your health.

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# Care Connections<sup>SM</sup>

Sharing the  
knowledge for  
better health

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## Healthy habits for better sleep

To be your best, you need enough good restful sleep. Sleep allows both the body and brain to recover during the night. A lack of good sleep can lower your body's defenses against disease and medical issues. How much sleep do you need to benefit? The National Sleep Foundation says that 7–9 hours of nonstop sleep are best for healthy adults, ages 18–65. 7–8 hours are good for adults over age 65. Younger people (ages 6–13) need from 8–11 hours. Babies need even more. Can't get that much at a time? Try one or two short naps of 20 minutes or less. Naps are best early in the day, so they don't affect your night sleep.



Here are some habits to practice that can help you sleep better:

- Sleep during the same time, even on weekends. The key is to be consistent.
- Chill out before bed—maybe take a warm bath, meditate, or listen to soothing music.
- Disconnect—don't use the cellphone or other electronics or watch TV while in bed.
- Make sure your bedroom is restful. Keep noise levels low. Dim the lighting. Make sure the room temperature is pleasant for you (not too hot or cold).
- Buy the best, most comfy bedding you can. Think about getting mite-proof covers for your mattress and pillows.
- Exercise daily or on most days. Get outside for a while early in the day if you can.
- If you do heavy exercise, do it at least 6 hours before bed.
- Skip large meals and alcohol right before bedtime. Avoid caffeine later in the day.
- Try not to drink liquids before bedtime. This may cause you to wake up during the night to use the bathroom.
- Can't fall asleep in 20 minutes? Get up, do something boring. Then try again.
- If you smoke or vape, quit.

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## How to manage fatigue

Do you ever feel weary, tired, or lack energy? You may have fatigue. This means feeling too tired, with low energy and a strong urge to sleep that can take away from normal daily activities.

Everyone knows what tired feels like. But did you know fatigue can also cause other issues? It can feel like a lack of interest in doing anything, loss of hunger, bad mood, or trouble focusing.

There are many reasons why you might be feeling tired. Not all of them are caused by your condition. Here are some of the most common:

- Lifestyle (lack of exercise, poor diet, stress, poor sleep, or depression)
- Pain
- Inflammation
- Medicines (talk with your doctor before making a change to your treatment)
- Other conditions or comorbidities (like diabetes, anemia, or sleep apnea)

Don't worry—general fatigue comes and goes. You can do a lot to have more energy. First, work with your doctor to keep your condition under control. In the meantime, here are some things you can try to start feeling better:

- Stay active.
- Eat healthy foods.
- Make sure to drink fluids.
- Get good sleep.
- Lower your stress.
- Get help for depression.
- Stay at a healthy weight.

Managing fatigue also means managing your energy. Save your energy for the things most important to you. Do those things at the time of day when you have the most pep. Saying “No” to some things means you can say “Yes” to what matters most. Break big tasks into a few smaller jobs, and space those out over the day. Don't be afraid to ask for help if you need it.

## Signs of heart attack & stroke

Strokes and heart attacks can be very scary. Less blood flow to the heart is known as a heart attack. While a stroke happens when oxygen levels in the brain are too low. It is important to know the signs of both heart attacks and strokes. Knowing more about these signs might save your life or the life of a loved one. More people survive strokes now than ever before, but it is still important to be prepared. Here are some signs of strokes and heart attacks:

Stroke (Think “F.A.S.T.”)	Heart Attacks
<input type="checkbox"/> Face drooping	<input type="checkbox"/> Chest pain
<input type="checkbox"/> Arm weakness	<input type="checkbox"/> Feeling weak or faint
<input type="checkbox"/> Speech difficulty	<input type="checkbox"/> Pain in the jaw, neck, or back
<input type="checkbox"/> Time to call 911	<input type="checkbox"/> Shortness of breath

Some other signs of strokes are sudden numbness in your face, arms or legs, sudden confusion, trouble walking and or seeing. Women experience mostly the same heart attack signs as men. But there may be some that are unique to them. Some women feel upper back pressure that feels like a rope being tied around them. Women can also feel shortness of breath, vomiting, or jaw pain. If you notice any of the signs of a stroke or heart attack please call 911 or your local emergency number right away.

The majority of heart attacks and strokes may be preventable. So, it is important to take care of your heart and overall health. High blood pressure, diabetes, smoking, and high body weight are all common risk factors for strokes and heart attacks. There are many things that you can do to take better care of your heart. Getting the right amount of sleep and exercise can be great places to start. Eating a healthy diet is important to maintain a healthy heart and body. A healthy and balanced diet is one filled with vegetables, fruits, whole grains, and nuts for example.