



## Find a More Heart-Healthy Balance in Your Life

More:

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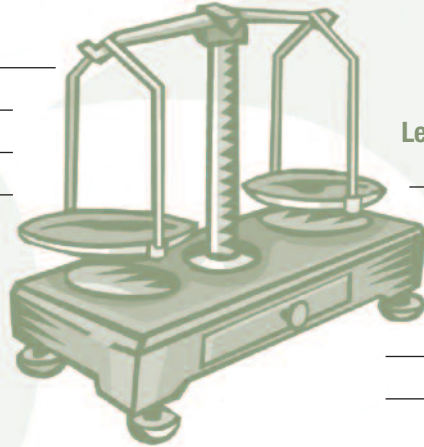
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Less:

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Everyone feels down sometimes, but would you recognize if what you're feeling is more than simply the blues? Visit [heartcaring.com](http://heartcaring.com) for a self-screening tool that you can print and share with your clinician to discuss whether or not stress is playing a role in your health and in your life.

### Not getting a good night's sleep?

#### TAKE ACTION:

- Exercise! Regular physical activity may also improve sleep.
- Talk to your clinician about the common sleep disorders below and follow up with your HeartCaring hospital's Sleep Lab.

**Sleep Apnea:** People with sleep apnea periodically make gasping or snorting sounds when they sleep. This is not typical snoring, but is an indication that the air supply is temporarily being cut off. This can cause health complications if left untreated, and can be an indication of a serious condition, like heart disease.

**Restless Leg Syndrome (RLS):** Associated with an uncomfortable creeping sensation, and sometimes aches and pains in the legs, RLS is the result of abnormalities in the neurotransmitter dopamine, and can be relieved with medications.

**Insomnia:** There are several types of insomnia, characterized by their causes, like an excess of stress or worry. The treatments include everything from the use of sedatives to behavioral training to help promote regular sleep.

Source: [www.cdc.gov](http://www.cdc.gov)



The national HeartCaring® program is powered by Spirit Health Group® and activated by U.S. hospitals that ascribe to the highest standards of excellence in women's health, education, and community outreach. HeartCaring is sponsored in part by The Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership, with educational support from the National Heart, Lung, and Blood Institute (NHLBI) *The Heart Truth*, the Vascular Disease Foundation, the Peripheral Arterial Disease (P.A.D.) Coalition, and the Venous Disease Coalition.