

Sleep Well Programme



A Patient's Guide

Sleep and Your Heart Health

PART 2

Sleep and your Heart, Blood Pressure & Diabetes

Poor sleep can:

- ☹️ Raise your blood pressure
- ☹️ Increase your risk of heart attack and stroke
- ☹️ Make it harder to control diabetes

Why this happens:

- ☹️ Your body stays in a “stress mode”
- ☹️ Hormones that control blood sugar are affected
- ☹️ Inflammation increases

Warning signs:

- ☹️ Feeling tired but wired
- ☹️ Poor concentration
- ☹️ Waking unrefreshed

What you can do:

- ☹️ Keep a regular sleep time
- ☹️ Avoid caffeine after midday
- ☹️ Wind down before bed

Poor sleep puts strain on your heart and blood vessels.

Take home message

Better sleep helps protect your heart and improves your long-term health.

