Study Finds Six to Seven Hours of Sleep a Night is Best for a Healthy Heart

New research has shown that getting between six and seven hours of sleep a night may reduce the risk of heart attack or stroke.

Researchers collected data from 14,079 people who participated in the 2001-2012 National Health and Nutrition Examination Survey. Participants were tracked for eight years to determine if they had fatal heart attacks, heart failure, or strokes.

The average participant was 46 years old with less than one in ten participants having a history of heart disease, stroke, or heart failure.

Participants were split evenly between gender and divided into three groups based on the average amount of sleep they got. Based on age, race, gender, blood pressure, and cholesterol risk scores for atherosclerotic cardiovascular disease were calculated.

> *Participants who sleep less or more than six to seven hours have higher ASCVD risk scores, which is likely driven by heightened inflammation as measured by CRP, which was found to be higher among those who had less or more sleep.*
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> *For a healthy heart, sleeping 6 to 7 hours each night is best*

The overall average risk was 3.5%, a score of lower than 5% is considered low risk. The risk was lowest amongst those who slept between six-seven hours, a night, or more, with an average of 3.3%. For those who slept less than six hours a night the average risk was 4.6%.

Getting a good night’s sleep is just as important for overall health as a healthy diet. To improve the quality of your sleep, check out this article.