**Cardiovascular Health & Sleep Initiative**

*Newsletter Copy*

**Craving Good Sleep? So’s Your Heart**

People with common sleeping disorders such as obstructive sleep apnea or insomnia also are far more likely to have heart arrhythmias, plaque buildup, heart failure and coronary artery disease. Visit [heart.org/sleepdisorders](https://heart-my.sharepoint.com/personal/kellie_lavender_heart_org/Documents/Documents/PATIENT/Jazz%20Pharmaceuticals/2023/Alliances/heart.org/sleepdisorders) to learn more about your potential risks and how we’re partnering with the American Heart Association to highlight this important link.

**Get Help for Insomnia – and Your Heart**

If you are unable to sleep well due to a diagnosis of a neurologic sleep disorder such as narcolepsy, insomnia or idiopathic hypersomnia, talk to your health care professional about what it may be doing to your heart and what you can do about it. Visit [heart.org/sleepdisorders](https://heart-my.sharepoint.com/personal/kellie_lavender_heart_org/Documents/Documents/PATIENT/Jazz%20Pharmaceuticals/2023/Alliances/heart.org/sleepdisorders) to learn more about your potential risks and how we’re partnering with the American Heart Association to highlight this important link.

**Sleep Issues Are Heart Risks: Learn More**

A diagnosis of neurologic sleep disorder can serve as an independent risk factor for developing heart disease, so reducing cardiovascular risks in other ways while managing your sleep disorder is essential. Visit [heart.org/sleepdisorders](https://heart-my.sharepoint.com/personal/kellie_lavender_heart_org/Documents/Documents/PATIENT/Jazz%20Pharmaceuticals/2023/Alliances/heart.org/sleepdisorders) to learn more about your potential risks and how we’re partnering with the American Heart Association to highlight this important link.

**It’s Not Only a Bad Night’s Sleep; It’s Bad for Your Heart**

An estimated 50 to 70 million American adults have a chronic sleep disorder. Studies show that poor sleep quality and duration can be associated with high blood pressure, elevated cholesterol, stroke, and heart attacks. Getting high-quality sleep can lower your risk of chronic disease and type 2 diabetes, strengthen your immune system, improve your mood, and increase your energy. Visit [heart.org/sleepdisorders](https://heart-my.sharepoint.com/personal/kellie_lavender_heart_org/Documents/Documents/PATIENT/Jazz%20Pharmaceuticals/2023/Alliances/heart.org/sleepdisorders) to learn more about your potential risks and how we’re partnering with the American Heart Association to highlight this important link.