Eight hours of sleep is crucial for women's heart health, study finds

Preliminary findings should hold true for men, too, scientists say

By Rita Rubin USA TODAY

You need at least as much or a little more, you might fear, as an at-risk woman in your 40s. But a new study has found that even four hours of sleep deprivation can adversely affect women's heart disease risk. Those sleep-deprived women had a higher risk of heart attack and death compared to well-rested women.

Filip Havel and researchers at the Cleveland Clinic have found that women who slept four or fewer hours a night had a 28 percent higher risk of heart disease than those who slept seven to eight hours. Those who slept less than five hours a night had a 27 percent higher risk of dying from heart disease than those who slept seven to eight hours a night.

The study is one of several that have shown the importance of sleep for heart health.

The Cleveland Clinic study, funded by the American Heart Association and published Monday in the journal Circulation, is the first to show that sleep deprivation increases the risk of heart disease and death in women. The study also found that women who slept four or fewer hours a night were 17 percent more likely to develop heart disease than those who slept seven to eight hours a night.

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Heart guidelines urge test for inflammation

The American Heart Association and the Centers for Disease Control and Prevention Monday urged doctors to consider inflammation testing in millions of Americans at risk of moderate to high blood pressure. The guidelines suggest limiting the testing to those at high risk, though doctors may choose to test more patients.

The guidelines suggested testing be used to help doctors decide on treatment, which includes cholesterol-lowering drugs and dietary changes.

People who sleep too little or too much, or who get as little as four hours, are at least 50% more likely to develop heart disease. Also, people who sleep too little or too much, or who get as little as four hours, are at least 50% more likely to develop heart disease.

The study by researchers from Boston Brigham and Women's Hospital, a Harvard affiliated, focused on 7,157 women in the ongoing Nurses' Health Study. Among some of the women exposed to their heart health problems, researchers followed the women for a decade to see who developed heart disease. During that time researchers documented 541 cases of heart problems, among the women, 27% of them fatal. After accounting for other factors that might increase heart risk in people who sleep too little or too much, such as smoking and obesity, the researchers found that women who slept five to six hours a night were 30% more likely to experience heart problems, compared with women who slept seven to nine hours a night. Women who slept five to six hours a night were 30% more likely to experience heart problems, compared with women who slept seven to nine hours a night.

For more information: www.ahajournals.org

Eight hours of sleep is good for women's heart health, study finds

By In-Sung Yoo USA TODAY

RICHMOND, Va. — You could call the Richmond SPCA an animal shelter or you could call it aNo-kill community.

Instead of rows of cages, dogs are in individual runs, and cat litters have their own parks and benches for guests. Cats sit inside, carpeted, comfortable rooms. Cats and dogs are treated as individuals. They are housed in family-like units. The adoption rate increases because the potential adopter sees the truer personality of that cat. As the effects of the San Francisco model become evident, other communities are joining the “no-kill” movement. As the effects of the San Francisco model become evident, other communities are joining the “no-kill” movement.

People also pet up on their cats because of bacterial problems – particularly salmonella – and simple cleaning techniques at home. To combat that, the SPCA offers a free 24-hour hotline to residents. To combat that, the SPCA offers a free 24-hour hotline to residents.

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For more information: www.richmondspca.org.