

## SLEEP AND HEALTH RISK%0A

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[What is Healthy Sleep? - National Sleep Foundation](#)  
The Electronics and Sleep infographic highlights how technology affects the modern family and how parents can help design a sleep healthy home by setting boundaries around the use of technology, setting rules around electronics use and setting a good example.  
[Sleep Healthy: Journal of the National Sleep Foundation](#) ...

The National Sleep Foundation (NSF) is dedicated to improving health and well-being through sleep education and advocacy. Founded in 1990, NSF is committed to advancing excellence in sleep health theory, research and practice.

#### [Sleep and Disease Risk | Healthy Sleep](#)

[At a Glance](#). The cost of poor sleep is much greater than many people think: it may have profound consequences for our long-term health. Research has revealed that people who consistently fail to get enough sleep are at an increased risk of chronic disease, and scientists are now beginning to understand why.

[Millions of Canadians are at risk of a serious sleep ...](#)

Holmes, a private sleep consultant whose clients include soldiers suffering PTSD and the Ottawa Senators hockey team, says sleep is a key to emotional, mental and physical health.

[Why the WHO is warning about poor sleep and heart health ...](#)

A bad night of sleep doesn't just leave you tired and groggy the next day: a new World Health Organization study is warning that it should be a risk factor for heart disease like smoking and

#### [10 Reasons Why Good Sleep Is Important - Healthline](#)

Mental health issues, such as depression, are strongly linked to poor sleep quality and sleeping disorders. It has been estimated that 90% of people with depression complain about sleep quality ( ).

#### [Sleep Health - Journal - Elsevier](#)

Sleep Health Journal of the National Sleep Foundation is a multidisciplinary journal that explores sleep's role in population health and elucidates the social science perspective on sleep and health.

#### [Sleep and Health: 7 Surprising Reasons to Get More Sleep](#)

A lack of sleep at night can make you cranky the next day. And over time, skimping on sleep can mess up more than just your morning mood. Studies show getting quality

sleep on a regular basis can

### 11 Surprising Health Benefits of Sleep - Health

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your

### 7 Ways Daylight Saving Time Can Affect Your Health - Health

An hour of lost sleep and an out-of-whack circadian rhythm could affect your fertility, heart health, mood, and more.

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### Sleep Apnea: Symptoms, Causes, Risk Factors, and Treatment ...

4. Causes of Central Sleep Apnea. The Mayo Clinic says you may be experiencing central sleep apnea for a number of reasons. It could be from Cheyne-Stokes breathing, which is a rise then a gradual decrease in airflow associated with congestive heart failure or stroke, says the clinic.

### Your Guide to Healthy Sleep - Home | National Heart, Lung ...

2 Your Guide to Healthy Sleep . Despite growing support for the idea that adequate sleep, like adequate nutrition and physical activity, is vital to our well-being,