





American
Heart
Association.

You can make small changes in your daily habits that could



MY QUESTIONS:

1 Call **1-800-AHA-USA1** (1-800-242-8721) or visit heart.org to learn more about heart disease and stroke.

2 Sign up for our monthly *Heart Insight* families at HeartInsight.org.

3 Visit heart.org/SupportNetwork.

for the next time you see your health care professional.

For example:

How much sleep should I get a night?

Do I need a sleep study?

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit heart.org to learn more.