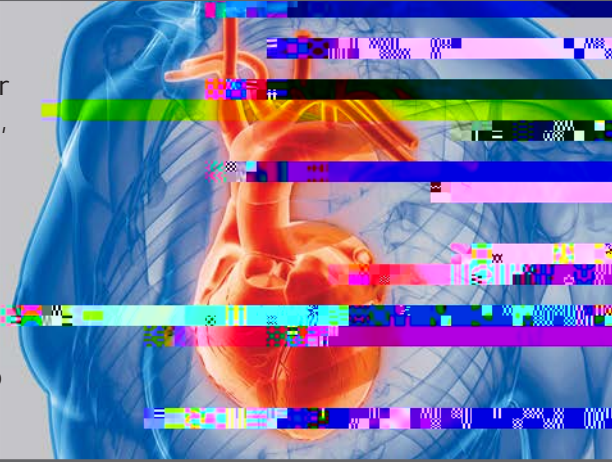


Getting adequate sleep is an essential component of good heart and brain health. At the same time, poor sleep and sleep disorders can increase your risk of cardiovascular disease and complications, including atrial fibrillation, also known as AFib.

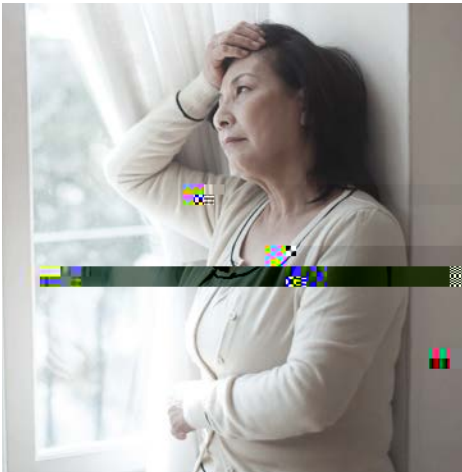
AFib is an irregular heartbeat, or arrhythmia, where the upper chambers of the heart stop contracting and relaxing at a normal rate. It can hinder the amount of blood getting pumped out of the heart, which can cause complications such as blood clots, stroke and heart failure.

A growing body of evidence also links sleep disturbances and disorders to a higher risk of AFib, especially with certain populations and conditions.

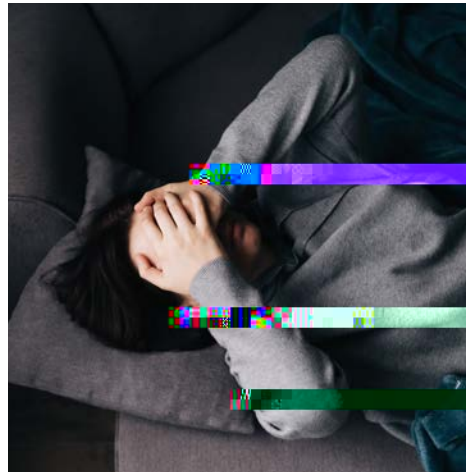


You might be at a higher risk of AFib if you meet one of these criteria:

You are a post-menopausal woman under stress



You're a younger adult with insomnia and a military background



You have sleep apnea



Talk to Your Doctor About Sleep and Heart Health

If you think you might have a sleep disorder, talk to your health care professional about your options for managing and treating it for better heart health. If you've been diagnosed with a sleep disorder, consult with your doctor about how to address your risk of cardiovascular disease.

For more information about sleep disorders, including their symptoms, visit www.heart.org/sleepdisorders