

GMEF FAMILY: TIPS ON PREVENTION OF HEART ATTACK

Prevention 1: Sleep to your hearts content.

If you have heart disease and hearts disease risks, you probably work on improving health and quality of life by managing diet and exercise. You may even take an advantage of the benefit of meditation yuga, tai-chi and social engagement. But are you also focusing on sleep and circadian health? Your circadian rhythm is the pattern of your physical, mental and behavioral daily cycle. Sleep plays many important roles in health maintenance and diseases prevention. Adding a focus on sleep may improve your day time function and quality of life.



Sleep is a fundamental part of human biology, just as the whole body benefit from the oxygen, we breath and the food we eat, it benefits from sleep, circadian rhythm is important as well, since many body system including metabolisms, brain function and others rely on maintenance of normal 24-hours rhythm to function well, many studies have shown that

lack of sleep or disturbance of the 24-hours cycle can lead to health problem.

In addition to heart health, sleep is closely linked with mood, ability to handle stress, risk for depression, ability to be cleared headed during the day, memory concentration and many other brain function. It is tied to energy level, focus and even productivity although our society often see sleep as unproductive time, that is a magnified perspective. Sleep is important to maintaining health productivity and quality of life.

The American Heart Association recommends adults to strive for at least 7-hours of sleep at night but it's not only time sleeping, but sleep quality that matters, first make sure you're sleeping at the right time. The human body was built to sleep at night, getting restful, restoration sleep during the day is difficult. Also make sure you are sleeping enough. While many adults get 7-hours at night, many others cannot, it's true that not everybody needs a full 7-hours, but it can be difficult to tell if you are getting enough high quality sleep, one way to assess your sleep habit is to think about how you feel during the day. If you have trouble staying awake, especially while you are doing something, that is a clear sign that something is problematic with your sleep. Another sign is if you fall asleep right away at bed time. It should not take a few minutes. If you fall asleep as soon as your head hits the pillow, is a sign that you stayed up too long.'

Even if you are getting enough hour of sleep, you will still be sleeping. This could be a sign of poor sleep quality, possibly caused by Insomnia, either mild or more severe type is called Insomnia disorder and likely required treatment. If you regularly need at least 30 minutes to fall asleep at the beginning of the night or if you spend more than thirty minutes awake during night trying to sleep, you may have an Insomnia disorder. The good news is the recommended treatment is not medication (which can carry trouble side-effect but rather a re-training protocol called

Cognitive Behavioral Therapy for Insomnia (CBT). Insomnia is recognized increasingly as a risk factor for Obesity; heart diseases and diabetes. If you have Insomnia, you considered treatment.

Sleep Apnea is another common sleep disorder among both men and women and becomes more as we get older. Untreated sleep apnea is serious, since it can lead to high blood pressure, weight gain, diabetes, heart attack and stroke. Sleep Apnea involves difficulty breathing during the night and best treated without medication. The main sign of sleep apnea is loud snoring, curious when you stop breathing while sleeping and extreme tiredness during the day.

BESIDE GETTING EVALUATED FOR SLEEP DISORDER, FOLLOW THESE TIPS TO IMPROVE YOUR SLEEP:

- The bed should be for sleep (and sex) that means that should not be spending time in the bed, this include laying on bed watching TV or doing other things. If you cannot sleep get out of bed and try again later. The main risks factor for developing Chronic Insomnia is staying in bed tossing and turning. Get out of bed for a while and try again to sleep.
- Keep a regular sleep schedule. Regularity can help promote healthful sleep. It's just like what happen if you eat lunch at the same time every day, your body knows when to be hungry. Sleeping at a regular time promotes a regular sleep pattern.
- Get good bright light in the morning and avoid bright light in the evening. This helps promote a helpful circadian rhythm by promoting strong day time signal in the morning and a strong night time signal at night

GREENINY MEDICAL EMERGENCY FOUNDATION, DECLARING WAR AGAINST HIGH BLOOD PRESSURE AND DIABETES IN AFRICA.

High blood pressure and diabetes are silent and major causes of sudden, untimely death in Africa today. Having taking a responsibly approach in preventing and total eradication of this killer diseases, is important.

Greeniny Medical Emergency Foundation is approaching every major cities in the nations of Africa, in the year 2026 using all the medical facilities within our reach to combat this forces of death, more than ten million pieces of test machines will be distributed freely to the intended participant during this exercise. Greeniny Medical Emergency Foundation is budgeting **\$1.5 Billion** to be spent during this exercise.

We are therefore using this medium to solicit support of every well-spirited individual cooperate organization, religious bodies and government parastatals for donation.

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