

World Heart Day: Here's all about sleep deprivation

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Sleep deprivation is a growing concern in modern society, with increasing evidence linking it to cardiovascular health problems. On World Heart Day, we discuss how chronic lack of sleep has been associated with a higher risk of developing heart disease, one of the leading causes of death worldwide.

SLEEP DEPRIVATION AND HEART DISEASE

Several biological processes explain how insufficient sleep contributes to heart disease. Sleep helps regulate stress hormones like cortisol. When

sleep is inadequate, cortisol levels rise, leading to increased blood pressure and heart rate. This puts additional strain on the cardiovascular system. Additionally, poor sleep disrupts glucose metabolism and insulin regulation, raising the risk of type 2 diabetes—a significant risk factor for heart disease. Sleep deprivation also promotes inflammation, which contributes to the development of atherosclerosis and buildup of plaques in arteries, which increases the risk of heart attacks and strokes.

RESEARCH FINDINGS

Extensive research has shown

a strong link between inadequate sleep and heart-related issues. Adults who sleep fewer than seven hours per night are at a greater risk of developing conditions like hypertension, coronary artery disease and heart failure.

IMPROVING SLEEP QUALITY

If you sleep less than 6 hours for a prolonged period, there can be 23% increased risk of CAD. Addressing sleep issues through better sleep hygiene—consistent sleep schedules, reduced screen time and relaxation before bed—can help lower the risk of heart disease. Medical treatments, like CPAP therapy for sleep



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apnea, are also effective in improving both sleep quality and heart health.

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