



New Year's Sleep Resolution 2022!

Sleep is often overlooked in New Year's resolutions, but it is one of the most fundamental steps to improving wellness.

University of Alabama at Birmingham researchers analyzed data on 5,666 individuals 45 years and older of normal weight and without symptoms of sleep apnea and discovered some interesting links between stroke and sleep deprivation. Over three years, the risk of stroke symptoms was four times greater among individuals who slept fewer than six hours a night compared to individuals who reported 7 to 8 hours of sleep a night. This increased risk of stroke among those who slept less was present even when the researchers controlled for other stroke risk factors, such as high blood pressure, high cholesterol, sleep breathing problems, and being overweight.

3 Tips for Better Sleep

A variety of lifestyle factors are associated with increased risk of stroke, including a lack of exercise, being overweight, poor dietary habits, and smoking.

If you're having difficulties with sleep, try these 3 simple guidelines:

- Get up at the same time each morning.
- Engage in adequate exercise during the day.
- Avoid stimulants and alcohol.

Quality restorative sleep is important to your general health and well-being. Poor quality sleep has been associated with an increased risk for heart disease, atherosclerosis, obesity, diabetes, depression, accidents, and now stroke. The potential harmful conditions resulting from inadequate sleep provide new significance to the remark, "Sleep well."

For more information about this article, click [here](#).

Start 2022 by learning the acronym BEFAST!

SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



B

E

F

A

S

T



BALANCE

LOSS OF BALANCE,
HEADACHE
OR DIZZINESS

EYES

BLURRED VISION

FACE

ONE SIDE OF THE
FACE IS DROOPING

ARMS

ARM OR LEG
WEAKNESS

SPEECH

SPEECH DIFFICULTY

TIME

TIME TO CALL
FOR AMBULANCE
IMMEDIATELY

Advocate Sherman Hospital Staff and Volunteers in Elgin, IL
with their BEFAST t-shirts to teach more people how to spot a stroke!



Stroke Learning Group January 12, 2022 7pm CST

Join the Stroke Learning group at the next virtual meeting,
the topic is stroke recovery with new technology.
To register, contact Christine at christine@sseeo.org

The SSEEО Rehab Committee is Looking for Your Participation

SSEEО will be sending a survey for stroke survivors, caregivers and healthcare professionals to complete to learn more about how the mental health of stroke survivors during the pandemic was affected.



Stroke Chat with WGN Reporter Brónagh Tumulty

SSEEО President, Randy Crabtree, chats with WGN reporter Brónagh Tumulty about her connection to stroke and why she ran a marathon to support SSEEО.

Click [here](#) to listen to the full Stroke Chat.

Take a few minutes to listen to recent podcasts, click the topic to check it out!

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