

Lesson 8:

Keep Calm, Sleep Well

Participants will learn the connection between blood pressure, stress and inadequate sleep and explore tools and resources to reduce stress levels and get a good night's rest.

Learning Objectives

By the end of the lesson, participants should:

1. Understand the relationship between stress and high blood pressure
2. Learn tips and tools to manage stress in a healthy way
3. Understand the relationship between inadequate sleep and the risk for high blood pressure and heart disease
4. Learn tips and tools to improve sleep habits

Suggested Activities

Learning Objective 1

- Explain how stress can affect blood pressure by contributing to risk factors such as poor diet and alcohol consumption. (See coach resource: Managing Stress to Control High Blood Pressure.)
- Share signs of stress and anxiety in older adults. (See coach resource: Coping with Stress and Anxiety, Page 3.)

Learning Objective 2

- Share tips and strategies to prevent or reduce stress. (See coach resources: Manage Stress, Fight Stress with Healthy Habits, What Is Stress Management? See participant resource: How Can I Manage Stress?)

Learning Objective 3

- Explain how older adults require 7–9 hours of sleep each night and how changes to sleep patterns are a part of the normal aging process. (See coach resources: Sleep Duration Recommendations, Aging and Sleep, Sleep and Aging.)
- Share how inadequate sleep can increase the risk of obesity and as a result could contribute to high blood pressure.
- Share that poor quality of sleep, especially due to a treatable cause such as sleep apnea, has been linked to an increased risk for high blood pressure and cardiovascular disease. (See coach resources: Sleep Apnea, Sleep Apnea and Heart Disease, Stroke.)

Learning Objective 4

- Share tips and strategies to improve sleep habits. (See coach resource: Your Guide to Healthy Sleep. See participant resource: Sleeping Well.)

Homework

- Choose one strategy discussed during today's class that you'd like to try.
- Continue to self-monitor your blood pressure.

Resources

Coach resources:

- Managing Stress to Control High Blood Pressure
- Coping with Stress and Anxiety
- Manage Stress
- Fight Stress with Healthy Habits
- What Is Stress Management?
- Sleep Duration Recommendations
- Aging and Sleep from the Sleep Foundation
- Sleep and Aging: About Sleep
- Sleep Apnea
- Sleep Apnea and Heart Disease, Stroke
- Your Guide to Healthy Sleep

Additional coach resources:

- Stress Screener

Participant resources:

- Sleeping Well
- How Can I Manage Stress?

Additional participant resources:

- Stress Screener
- Sleep Duration Recommendations
- Your Guide to Healthy Sleep Check. Change. Control. Tracker (CCC Tracker)

All resources can be found online at startwithyourheart.com/knowitcontrolit/coach.
Username: **coach**
Password: **knowitco@ch**

Participants can access these resources directly at startwithyourheart.com/knowitcontrolit.