

## 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, Listening to the Warning Signs of Stress.)

### 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 that adults require 7–9 hours of sleep each night. (See coach resources: Sleep Duration Recommendations, What is Healthy Sleep?.)
- 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: Healthy Sleep Tips and Healthy Sleep Habits.)

## 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
- Listening to the Warning Signs of Stress
- Manage Stress
- Fight Stress with Healthy Habits
- What Is Stress Management?
- Sleep Duration Recommendations
- What is Healthy Sleep?
- Sleep Apnea
- Sleep Apnea and Heart Disease, Stroke
- Your Guide to Healthy Sleep

### Additional coach resources:

- Aging and Sleep
- Sleep and Aging
- Stress Screener

### Participant resources:

- How Can I Manage Stress?
- Healthy Sleep Tips
- Healthy Sleep Habits

### Additional participant resources:

- Sleep Duration Recommendations
- Sleeping Well
- Stress Screener

All resources can be found online at [startwithyourheart.com/knowitcontrolit/bpcoach](http://startwithyourheart.com/knowitcontrolit/bpcoach).  
Username: **coach**  
Password: **knowitco@ch**

Participants can access these resources directly at [startwithyourheart.com/knowitcontrolit](http://startwithyourheart.com/knowitcontrolit).