

America
Heart
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Association.

You can make small changes in your daily habits that could



- 1 Call 1-800-AHA-USA1 (1-800-242-8721) or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* families at HeartInsight.org.
- 3 heart.org/SupportNetwork.

for the next time you see your health care professional.

For example:

How much sleep should I get a night?

Do I need a sleep study?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit heart.org to learn more.