**Video transcript:**

Better sleep habits may help reduce heart disease risk and aid in weight loss.

A recent study says mounting scientific evidence shows sleep problems are associated with a higher risk of developing obesity, high blood pressure, diabetes, heart disease.

Healthy sleep in addition to Life’s Simple 7, decreased people’s likelihood of a heart disease diagnosis now or in the future.

Life’s Simple 7: Manage Blood Pressure, Control Cholesterol, Reduce Blood Sugar, Get Active, Eat Better, Lose Weight, Stop Smoking.

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