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## Erratic sleep may increase heart attack and stroke risk

We will go to a GMA help alert. A new study that finds people who have erratic sleep habits may be increasing their risk of **heart attack** and **stroke**. And our medical correspondent, Dr. Darien Sutton, joins us now with the details. It's great to see you, Dr Sutton, happy day after Thanksgiving. This is not exactly the kind of thing you want to read about, unfortunately. Break it down for us.

Unfortunately, it's not. But it's important information for those who might get the right amount of sleep, but might be having **irregular** times when they fall asleep and when they wake up. We're talking about falling asleep at 7 p.m. one night, 10 p.m. the next night, and then waking up with different times as well. So this study followed over 70,000 people using activity monitors and wearable technology following their sleep patterns and then following them up later on and in life. And it found that those who had irregular sleep patterns had upwards of a 26% increased risk of **heart failure**, heart attack and stroke. Now this is just starting an association, but Rebecca, we have more and more evidence that shows that when we don't get sleep, it **impairs** our body's ability to heal, which can then lead to risk.

...Which just makes me feel like it's really tough to be a mom, because as a mom, you don't necessarily get the **regular** sleep. How much sleep should you be getting?

You know, generally, we should all be aiming for more than seven hours of sleep. As we get older, you want to inch up toward the eight hours. But what's more important here from this study, especially, is that you want to be consistent. That means that when you go to sleep and when you wake up, you want to keep it within the same hour. When you start deviating from that, that's when we start getting these risks. And to belabor the point, even for those who got the right amount of hours, when they were irregular, that risk still persisted. So it's just a reminder that **consistency** is just as important, if not the same, as important as the amount of time we sleep.

So consistency. So if you were consistently getting a little less that might actually be okay if you kept the same routine?

Exactly. That's what we're trying to get to. You want to keep your routine the same. And I just want to go and talk about some of the basic things we all can do to improve our sleep quality. Number one, making sure that you maintain that sleep schedule you want to get at **bedtime**. It's for us adults as well. And you want to limit caffeine and exercise and physical activity. And just as a reminder, this kind of work on sleep for me, Rebecca has taken weeks, if not months, to get better at. It's just like an **exercise**. You gotta keep at it.

Dr. Sutton, thanks so much.

Of course!

Appreciate it.

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英語	発音記号	カタカナ	日本語
erratic irregular	ɪrətɪk ɪrégjʊlə	イラ'ティク イレ'ギュラ	不規則な
heart attack	háæt ətæk	ハ'アトウ アタ'ク	心臓発作
stroke	stróuk	ス'トウロウク	脳卒中
heart failure	háæt féljæ	ハ'アトウ フェ'イリュア	心不全
impair	ɪmpéæ	インペ'アア	損なう
regular	régjʊlə	レ'ギュラ	規則的な
consistency	kənsístənsi	カンスイ'スタンスイ	一貫性
bedtime	bédtàim	ベ'ドウタイム	就寝時間
exercise	éksəsàiz	エ'クササイズ	運動