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Sleep, health behaviors, and behavioral interventions: Reducing the risk of cardiovascular disease in adults

Jill L Kaar, Christina M Luberto, Kirsti A Campbell, Jeff C Huffman

Abstract

Numerous health behaviors, including physical activity, diet, smoking, and sleep, play a major role in preventing the development and progression of cardiovascular disease (CVD). Among these behaviors, sleep may play a pivotal role, yet it has been studied somewhat less than other behaviors and there have been few well-designed sleep intervention studies targeting CVD. Furthermore, despite the fact that these behaviors are often interrelated, interventions tend to focus on changing one health behavior

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Sleep, Health Behaviors, and Behavioral Interventions: Reducing the Risk



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Reducing risks for mental disorders: Frontiers for ... - Mrazek - 被引用次数: 2452

... factors, health behaviors, and mortality: results from a ... - Lantz - 被引用次数: 1468

... of mental and physical health benefits associated with ... - Penedo - 被引用次数: 1199

Lifestyle Interventions to Reduce Diabetes and Cardiovascular ... - NCBI

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4209242/> - 翻译此页

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2014年10月26日 - Many adults with T2D die from CVD [6], and risk factors for CVD appear to The intervention group attended exercise and nutrition/behavior modification ... Smoking, sleep, and mental health such as depression are a few be used to impact health behaviors to reduce the risk of T2D and CVD in youth.

Behavioral Risk Factors - Health and Behavior - NCBI Bookshelf

<https://www.ncbi.nlm.nih.gov/books/NBK43744/> - 翻译此页

Several behaviors that exert a strong influence on health are reviewed in this section: Although cigarette-



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2014年10月26日 - Many **adults** with T2D die from **CVD** [6], and risk factors for **CVD** appear to The **intervention** group attended exercise and nutrition/**behavior** ... However, **sleep** disturbance as a risk factor for **CVD** has yet to be demonstrated [64]. ... to impact **health behaviors to reduce the risk** of T2D and **CVD** in youth.

Raising Awareness of Sleep as a Healthy Behavior

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2013年9月26日 - **Sleep** is an essential component of **health**, and its timing, duration, and quality ... Among **adults**, the reasons for **sleep** loss appear to be related ... times greater **risk** of developing and dying of coronary **heart disease** ... This field is prime for public **health** investigations and **interventions to reduce** the negative ...

Clustering of Five Health-Related Behaviors for Chronic Disease ...

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作者: Y Liu - 2016 - 被引用次数: 6 - 相关文章

2016年5月26日 - We used data from the 2013 **Behavioral Risk** Factor Surveillance System ... In 2015, the American Academy of **Sleep** Medicine and **Sleep** ... One study found that US **adults** who slept 7 to 8 hours daily reported ... **reduction via these 5 health-related behaviors in chronic disease self-management**

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Google 学术: Sleep, health behaviors, and behavioral interventions: Reducing the risk of cardiovascular disease in adults

... : the population-health science of sedentary behavior - Owen - 被引用次数: 1170

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... program can improve health status while reducing ... - Lorig - 被引用次数: 2139

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Prevention and Treatment of Cardiovascular Disease in Adolescents ...

[https://www.ncbi.nlm.nih.gov>NCBI>Literature>PubMed Central \(PMC\)](https://www.ncbi.nlm.nih.gov>NCBI>Literature>PubMed Central (PMC)) - 翻译此页

作者: VA Barnes - 2012 - 被引用次数: 35 - 相关文章

Exposure to CVD risk factors during childhood and adolescence has been ... Treatment and prevention