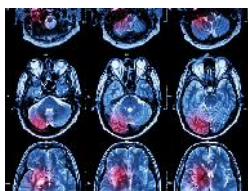# Health: What May Increase Risks of Strokes

Sarah Nelsen, WGRZ   *10:30 AM. EST March 16, 2016*

(Photo: stockdevil, Custom)

We hear a lot about exercise and getting enough sleep being beneficial to our health... well add one more benefit to the list... doing so may help prevent a stroke.

A recent study showed that adults who logged seven to eight hours of sleep a night had a 25-percent reduced risk of stroke. Average sleepers reduced their risk even further if they exercised three to six times a week.

What else researchers found was that people who got too little or too much sleep had a significantly increased risk of suffering a stroke.

Short sleepers, those who slept under 7 hours, were 22-percent more likely... while long sleepers, those who slept over 8 hours, were 146-percent more likely to have a stroke than an average sleeper.

Another study reveals a link between pollution and stroke.

Researchers analyzed data from the U.S. and China, which emit the largest amounts of greenhouse gases in the world.

They found that areas with more dust, dirt, and smoke pollution had more stroke cases than less polluted regions.

Temperature also had an impact on air quality and stroke risk.

The southern U-S ... which has the most pollution ... also had the highest prevalence of stroke.

And this past weekend we had daylight saving time changes... and even that could raise the risk of stroke.

Researchers from Finland compared the amount of stroke hospitalizations during the week following daylight saving to the rate of strokes either two weeks before or two weeks after the event.

Preliminary findings show there was an 8 percent increase during the first two days after the time transition.

(NBC Contributed)

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