

## Community Issues

Station: WYFM

Quarter: 1st

Year: 2023

Air Date: 3-26-23

Air Time: 7:00 AM

Duration: 30 minutes

Program: Forum

Issue: Heart Health/sleep

Description:

Jennifer McNeil is the Communications Director for the Northeast Ohio American Heart Association. March is National Sleep Awareness Month. McNeil says sleep is a priority for heart health with a link between lack of sleep and poor quality sleep and heart attack and stroke.