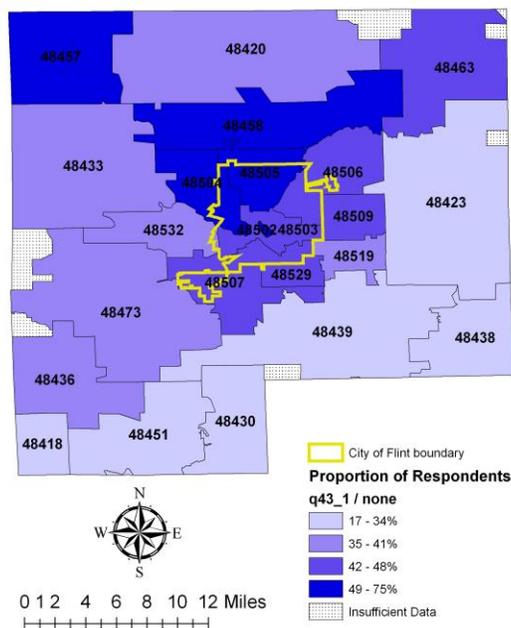


## Speak to Your Health! Sleep Habits in Genesee County

March 5-11 is National Sleep Awareness Week. Between 50 and 70 million Americans have problems related to sleep. Getting enough sleep each night helps to keep you healthy and alert.<sup>1</sup> Lack of sleep can cause car accidents and can lead to physical and mental health problems, such as obesity, heart disease, and depression.<sup>1,2</sup>

### Percent of respondents who sleep less than the recommended 7 hours a night



### DID YOU KNOW?

The Speak to Your Health! Community Survey is a resource that provides information about heart health in Genesee County. The results of the 2009 survey found that people in Genesee County aren't getting enough sleep:

- Most Genesee County residents get only 6.6 hours of sleep per night
- Genesee County residents report that on average there are 8 nights every month that they have trouble sleeping
- 18-24 year olds have trouble sleeping on average 10 nights out of every month
- 20% of Genesee County residents rated their sleep quality as fair, while 12% rated their sleep quality as poor.

### WHAT CAN YOU DO?

**Get enough sleep every night.** Sleep needs vary from person to person, but adults typically need between 7 and 9 hours of sleep per night and children may need up to 11 hours

**Talk to your doctor.** If you have a sleep disorder, your doctor can help you get treatment

**Avoid caffeine.** Limiting caffeine (especially in the evening) can make it easier to sleep at night

**Sleep on a regular schedule.** Go to bed and wake up at the same time everyday

### WHERE CAN YOU GET MORE INFORMATION?

- **Hurley Medical Center Sleep Center (810) 262-2120**
- **National Sleep Foundation** <http://www.sleepfoundation.org/>
- **Mid Michigan Sleep Center** <http://midmichigansleep.com/about.php>
- **CDC Sleep Resources** <http://www.cdc.gov/sleep/resources.htm>

**Please take time to Speak to Your Health!**

Visit [www.gchd.us/survey](http://www.gchd.us/survey) to complete the 2011 survey

The Community Survey is funded by CDC grants to the Prevention Research Center of Michigan (PRC/MI) and Michigan Youth Violence Prevention Center (MI-YVPC) and by the Crim Fitness Foundation.

<sup>1</sup>National Sleep Foundation, National Sleep Awareness Roundtable. (2012). *Why sleep awareness is important*. Retrieved from website: <http://www.nsart.org/?p=81>

<sup>2</sup>Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report. (2011). *National sleep awareness week*. Retrieved from website: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6008a1.htm>