



Speak to Your Health! Sleep and Health in Genesee County

Sleep difficulties and disparities are an important issue in Genesee County. Lack of sleep may affect our memory, as well as our ability to think and concentrate. In addition, not getting enough sleep over a long period of time can lead to serious health concerns including obesity, depression, heart disease, high blood pressure, heart failure, and stroke.

DID YOU KNOW?

The *Speak to Your Health! Community Survey* is a resource that can help us understand sleep patterns and other health issues in Genesee County. The 2007 survey revealed that:

- 46% of Genesee County residents say that they get less than the recommended 7-9 hours of sleep per night.
- One out of 9 people say that they have trouble sleeping every night, report poor sleep quality, or take sleep medications 3 or more times per week.
- Neighborhood factors may affect how well people sleep. The results show that people who are more fearful about crime have more trouble sleeping. People who were more involved with neighborhood activities have less trouble sleeping.

WHAT CAN YOU DO?

According to the National Sleep Foundation, there are several things that you can do to get a good night's sleep. They recommend that you:

- **Avoid caffeine** at least five hours before bedtime.
- **Exercise.** Try to exercise 20 to 30 minutes each day.
- **Set a schedule.** Go to bed and wake up at the same time each morning, even on the weekends.
- **Relax.** Take a bath, try reading or meditation to help you relax before bed.
- **Get up and do something else.** Don't lie in bed awake. The stress of not being able to sleep can make it even harder to fall asleep.

If you are still having trouble sleeping, see your family doctor or another health provider. There are also sleep clinics in Genesee County that can help evaluate why you are having trouble sleeping and help you get the good night's sleep you need.

If you think you need help, and you do not have insurance to see a doctor, contact the Genesee County Health Department at (810) 257-3612, or the Genesee Health Plan at (810) 232-7740, to see if you may be eligible for health care coverage through the Genesee Health Plan.

WHERE CAN YOU GET MORE INFORMATION?

- McLaren Sleep Diagnostic Center (810) 342-3900
- Hurley Sleep Diagnostic Center (810) 230-3390
- Genesys Sleep Disorders Center (810) 762-4676
- National Sleep Foundation <http://www.sleepfoundation.org>

To see the survey results and learn more about the PRC/MI, visit <http://www.sph.umich.edu/prc>

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