



# OAKFIT Sleep CHALLENGE

October 14 - November 7

## OakFit Sleep Challenge - Week One

### [Tips for Better Sleep Habits](#)

- Try to consistently go to bed and wake up at the same time each day.
- Keep your bedroom dark, relaxing, and at a comfortable temperature. According to the [Sleep Foundation](#), the best room temperature for sleeping is about 65 degrees.
- Avoid use of electronics at bedtime, such as TVs, computers, and smartphones.
- Avoid large meals, alcohol and caffeine right before bedtime.

- Daily exercise can help improve your quality of sleep.

**GETTING A GOOD NIGHT'S SLEEP**

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.

They are also linked to **memory problems, forgetfulness, and more falls or accidents.**

The infographic features a dark blue background with white stars and a path of white stars connecting four circular icons: a heart with a pulse line, a hand holding a pill, a person sleeping, and a book. The bottom of the infographic shows a white cloud-like border.



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We welcome your comments and questions. Feel free to e-mail us at [oakfit@oakgov.com](mailto:oakfit@oakgov.com).

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