

Healthy Sleep on the Farm: Social Media Toolkit

Want to share sleep tips with your audience? We have created a toolkit to make it quick and easy to post about ways to promote healthy sleep on your social media accounts (i.e., Facebook, Instagram, Twitter, etc.). Each page of this document provides a graphic, alt text, and caption about healthy sleep.

To access the graphics, you can download them [from our Flickr account](#), screenshot them from this PDF, or contact Devon Charlier (charl259@umn.edu) for the files.

PLAN AHEAD TO SLEEP WELL

DAYTIME

- ✓ Get up at the same time everyday
- ✓ Get light
- ✓ Get exercise
- ✓ Stretch your muscles
- ✓ Eat well

NIGHTTIME

- ✓ Avoid caffeine and alcohol
- ✓ Clear your mind
- ✓ Create a bedtime routine
- ✓ Avoid bright lights
- ✓ Make your sleeping space relaxing

For more: umash.umn.edu/sleep

UMASH Upper Midwest Agricultural Safety and Health Center

DAYTIME TIPS FOR BETTER SLEEP

- ✓ Get up at the same time everyday.
- ✓ Get light.
- ✓ Get exercise.
- ✓ Stretch your muscles.
- ✓ Eat well.

UMASH Upper Midwest Agricultural Safety and Health Center

NIGHTTIME TIPS FOR BETTER SLEEP

- ✓ Avoid caffeine and alcohol.
- ✓ Clear your mind.
- ✓ Create a bedtime routine.
- ✓ Avoid bright lights.
- ✓ Make your sleeping space relaxing.

UMASH Upper Midwest Agricultural Safety and Health Center

SLEEP TIP #1

✓ Get up at the same time everyday.

Regular wake times can help you fall asleep easier at bedtime. You may already do this to accomplish your farmwork.

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SLEEP TIP #2

✓ Get light.

Try to get some sunlight during the day to help regulate your body's internal sleep clock. If you work at night, try to work in a well lit area.

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SLEEP TIP #3

✓ Get exercise.

Movement during the day can make sleeping at bedtime easier. If you are moving while doing farm work - that counts!

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SLEEP TIP #6

✓ Avoid caffeine and alcohol.

Caffeine can make it harder to fall asleep and alcohol can prevent deep sleep. Avoid caffeine 8 hours before bed and alcohol 4 hours before bed.

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SLEEP TIP #7

✓ Clear your mind.

Farming can be stressful. Consider keeping your journal or to-do list beside your bed to write down what's keeping you awake.

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SLEEP TIP #8

✓ Create a bedtime routine.

A regular bedtime routine can train your brain to expect sleep. Choose activities that clear your mind, like reading or stretching. Avoid screen time 30 minutes before bedtime.

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PLAN AHEAD TO SLEEP WELL

DAYTIME

- ☒ Get up at the same time everyday
- ☒ Get light
- ☒ Get exercise
- ☒ Stretch your muscles
- ☒ Eat well



NIGHTTIME

- ☒ Avoid caffeine and alcohol
- ☒ Clear your mind
- ☒ Create a bedtime routine
- ☒ Avoid bright lights
- ☒ Make your sleeping space relaxing

For more: umash.umn.edu/sleep



Plan Ahead to Sleep Well

[[Graphic](#)]

Alt text: Five daytime tips for better sleep: One, get up at the same time every day. Two, get light. Three, get exercise. Four, stretch your muscles. Five, eat well. Five nighttime tips for better sleep: One, avoid caffeine and alcohol. Two, clear your mind. Three, create a bedtime routine. Four, avoid bright lights. Five, make your sleeping space as relaxing as possible. The daytime tips are on a yellow background with a sun graphic, and the nighttime tips are on a blue background with a moon and stars graphic. The UMASH logo and “For more: umash.umn.edu/sleep” are at the bottom of the graphic.

Caption: When you are sleepy, it is harder to make quick, safe decisions. Plan ahead to sleep well by adding these tips during your day and at night to get better sleep!

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

DAYTIME TIPS FOR BETTER SLEEP

- ☒ Get up at the same time everyday.
- ☒ Get light.
- ☒ Get exercise.
- ☒ Stretch your muscles.
- ☒ Eat well.



Daytime Tips for Better Sleep

[[Graphic](#)]

Alt Text: Daytime Tips for Better Sleep. One, get up at the same time every day. Two, get light. Three, get exercise. Four, stretch your muscles. Five, eat well. On a yellow background with an image of a sunny sky and the UMASH logo.

Caption: Getting enough sleep can help prevent farm injuries. Try adding in these daytime tips to help you sleep better at night so you can wake up feeling rested and ready for the day!

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

NIGHTTIME TIPS FOR BETTER SLEEP

- ☒ Avoid caffeine and alcohol.
- ☒ Clear your mind.
- ☒ Create a bedtime routine.
- ☒ Avoid bright lights.
- ☒ Make your sleeping space relaxing.



Daytime Tips for Better Sleep

[[Graphic](#)]

Alt Text: Nighttime Tips for Better Sleep. One, avoid caffeine and alcohol. Two, clear your mind. Three, create a bedtime routine. Four, avoid bright lights. Five, make your sleeping space relaxing. On a blue background with an image of a night sky and the UMASH logo.

Caption: Looking for ways to improve your sleep? Try adding these tips to your evening to help you fall asleep, stay asleep and get deep sleep at night.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #1



Get up at the same time everyday.

Regular wake times can help you fall asleep easier at bedtime. You may already do this to accomplish your farmwork.



Sleep Tip #1

[[Graphic](#)]

Alt Text: Sleep tip #1. Get up at the same time every day. Regular wake times can help you fall asleep easier at bedtime. You may already do this to accomplish your farmwork. On a yellow background with an image of a clock and the UMASH logo.

Caption: Consistency is key when it comes to waking up feeling refreshed and ready for the day ahead. Whether it's for farm work or not, try setting a regular wake-up time and stick to it!

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #2



Get light.

Try to get some sunlight during the day to help regulate your body's internal sleep clock. If you work at night, try to work in a well lit area.



Sleep Tip #2

[[Graphic](#)]

Alt Text: Sleep tip #2. Get light. Try to get some sunlight during the day to help regulate your body's internal sleep clock. If you work at night, try to work in a well lit area. On a yellow background with an image of a sunny field and the UMASH logo.

Caption: Let the sunshine in! Spending time outside during the day can help regulate your body's sleep cycle. And if you work at night, make sure to work in a well-lit area to help your body stay alert.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #3



Get exercise.

Movement during the day can make sleeping at bedtime easier. If you are moving while doing farm work - that counts!



Sleep Tip #3

[[Graphic](#)]

Alt Text: Sleep tip #3. Get exercise.

Movement during the day can make sleeping at bedtime easier. If you are moving while doing farm work - that counts! On a yellow background with an image of boots on a field and the UMASH logo.

Caption: Movement during the day can help you sleep soundly at night. Whether it's lifting hay bales or going for a jog, make sure to get your body moving!

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #4



Stretch your muscles.

Tense muscles at bedtime can make it hard to sleep. Try stretching when you take a break throughout the day.



Sleep Tip #4

[[Graphic](#)]

Alt Text: Sleep tip #4. Stretch your muscles. Tense muscles at bedtime can make it hard to sleep. Try stretching when you take a break throughout the day. On a yellow background with an image of hands stretching up and the UMASH logo.

Caption: Relax your muscles before bed for a better night's sleep. Take a few minutes during the day to stretch out any tension from farm work. Your body will thank you later!

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #5



Eat well.

Eat a wide variety of foods and drink lots of water while you are awake.

Sleep Tip #5

[[Graphic](#)]

Alt Text: Sleep tip #5. Eat well. Eat a wide variety of foods and drink lots of water while you are awake. On a yellow background with an image of fruits and veggies and the UMASH logo.

Caption: To sleep better, fuel your body with nourishing foods. A well-balanced diet and plenty of water will help you feel your best, both on and off the farm.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.



SLEEP TIP #6



Avoid caffeine and alcohol.

Caffeine can make it harder to fall asleep and alcohol can prevent deep sleep. Avoid caffeine 8 hours before bed and alcohol 4 hours before bed.



Sleep Tip #6

[[Graphic](#)]

Alt Text: Sleep tip #6. Avoid caffeine and alcohol. Caffeine can make it harder to fall asleep and alcohol can prevent deep sleep. Avoid caffeine 8 hours before bed and alcohol 4 hours before bed. On a blue background with an image of a coffee cup and the UMASH logo.

Caption: Limiting caffeine and alcohol before bed can help you fall asleep and stay asleep. Consider cutting back later in the day, especially if you have trouble sleeping.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #7



Clear your mind.

Farming can be stressful. Consider keeping your journal or to-do list beside your bed to write down what's keeping you awake.



Sleep Tip #7

[[Graphic](#)]

Alt Text: Sleep tip #7. Clear your mind. Farming can be stressful. Consider keeping your journal or to-do list beside your bed to write down what's keeping you awake. On a blue background with an image of a to-do list and the UMASH logo.

Caption: Farm work can be stressful, but don't let it keep you up at night. Try clearing your mind by keeping your journal or to-do list beside your bed to jot down any lingering thoughts and worries.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #8



Create a bedtime routine.

A regular bedtime routine can train your brain to expect sleep. Choose activities that clear your mind, like reading or stretching. Avoid screen time 30 minutes before bedtime.



Sleep Tip #8

[[Graphic](#)]

Alt Text: Sleep tip #8. Create a bedtime routine. A regular bedtime routine can train your brain to expect sleep. Choose activities that clear your mind, like reading or stretching. Avoid screen time 30 minutes before bedtime. On a blue background with an image of someone reading in bed and the UMASH logo.

Caption: Train your body to sleep better with a consistent bedtime routine. Whether it's reading, meditating, or stretching, find a relaxing routine that calms you before bed and stick to it.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #9



Avoid bright lights.

If you struggle to fall asleep, shut off some lights in your home as it nears bedtime. If you work at night and sleep during the day, use thick curtains to make your sleeping space darker. This will tell your brain it is time to sleep.



Sleep Tip #9

[\[Graphic\]](#)

Alt Text: Sleep tip #9. Avoid bright lights. If you struggle to fall asleep, shut off some lights in your home as it nears bedtime. If you work at night and sleep during the day, use thick curtains to make your sleeping space darker. This will tell your brain it is time to sleep. On a blue background with an image of someone turning off a light switch and the UMASH logo.

Caption: Your brain responds to light, so it's important to create a dark sleeping space, especially if you work at night. Use thick curtains to block out any unwanted light, or wear a sleep mask.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.

SLEEP TIP #10



Make your sleeping space relaxing.

For example, a quiet and cool room can help you sleep well.



Sleep Tip #10

[\[Graphic\]](#)

Alt Text: Sleep tip #10. Make your sleeping space relaxing. For example, a quiet and cool room can help you sleep well. On a blue background with an image of pillows on a bed and the UMASH logo.

Caption: Create a peaceful sleeping space to help you wind down after a long day on the farm. Consider comfortable bedding, calming scents, or a noise machine to create a relaxing and quiet atmosphere.

To learn more, check out [@umashcenter](#) and resources at umash.umn.edu/sleep.