### TEN SLEEP TIPS FOR FARMERS

#### DAYTIME

- **Get up at the same time everyday.**
  Regular wake times can help you fall asleep easier at bedtime.

- **Get light.**
  Sunlight during the day can help regulate your body’s internal sleep clock. If you work at night, try to work in a well lit area.

- **Get exercise.**
  Movement during the day can make sleeping at bedtime easier.

- **Stretch your muscles.**
  Tense muscles at bedtime can make it hard to sleep.

- **Eat well.**
  Eat a wide variety of foods and drink lots of water while you are awake. Your body needs fuel to sleep.

#### NIGHTTIME

- **Avoid caffeine and alcohol.**
  Avoid caffeine 8 hours before bed and alcohol 4 hours before bed.

- **Clear your mind.**
  Consider keeping your journal or to-do list beside your bed to write down what's keeping you awake.

- **Create a bedtime routine.**
  A regular bedtime routine can help you fall asleep. Avoid screen time 30 minutes before bed.

- **Avoid bright lights**
  Shut off lights in your home as it nears bedtime. If needed, use thick curtains to make your sleeping space darker.

- **Make your sleeping space relaxing.**
  If possible, a quiet and cool room can help you sleep well.

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Want to learn more about sleep health? [umash.umn.edu/sleep](http://umash.umn.edu/sleep)