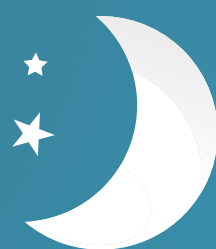




TEN SLEEP TIPS FOR FARMERS



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.

Want to learn more about sleep health? umash.umn.edu/sleep



Upper Midwest
Agricultural Safety
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