

QUALITY SLEEP CAN MAKE ALL THE DIFFERENCE!

Being sleep deprived is a recipe for disaster; physically, mentally and especially in terms of safety. The risk of preventable accidents on the farm goes up dramatically when you lose even a couple hours of sleep.



Lack of sleep can affect the way we are able to process day to day stresses and how we can handle them on the farm.

Something as simple as sleep can make all the difference.

Sleep will help us think more clearly, make rational decisions, keep us more positive by reducing negative emotions, enhance reflexes, and keep us in a generally good mood.

Hints and tips for getting good quality sleep:

1. In the heat, cool the sleep area with circulating fans, open windows, or install a heat pump.
2. Keep the sleep area dark and quiet.
3. Go to bed at the same time or as close to the same time when possible; even on the weekends and while traveling.
 - a. During your busy season, you may end up with a sleep deficit as you will not be able to keep a normal sleep schedule. Try to take a nap during the day after lunch or try to make up the deficit by sleeping a few extra hours on the days you can.
 - b. It is important to prioritize sleep as much as food.
4. Limit the amount of stimulation before bed such as reduce the use of electronics such as television, computers, and tablets.
5. Try relaxing close to bed time by reading, reflecting, or meditating. Clear your mind of the day's activities.
6. Avoid alcohol, nicotine, caffeine, and other stimulating drugs.
7. Increase the heart rate throughout the day through exercise. Exercise increases endorphin production which makes you happy, it releases lactic acid build up in the blood, releases tension in muscles, and creates physical stress. Your body responds to physical stress by sleeping more deeply.
 - a. Walk the fields during checks instead of driving – you may be able to do this for a portion or the entire field depending on the size of your farm.
 - b. Manually move bags of seed or fertilizer by hand, if the weight is manageable.
 - c. Walk across the farm yard.
 - d. Find ways to become more physical if you find you aren't raising your heart rate through the day.