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For me, sleep is non-negotiable, I always try and get seven or eight hours sleep a night.

Every night I pick out ten positives from the day and write them down.”



Isla MacKenzie, FI engineer and farmer's daughter

## Top tips to help improve your sleep

Set yourself a regular bedtime and try to stick to a routine. Ideally, go to bed and get up at the same time every day.

- ✓ **Set a regular time for bed**
- ✓ **Make a “wind down” plan** – yoga, a warm bath, a book, music
- ✓ **Get comfy** – quiet, dark and at the right temperature for you
- ✓ **Keep warm** – weighted blankets, hot water bottles, electric blankets or heated eye masks can all be soothing
- ✓ **Fresh Air** – keeping active during the day helps to physically tire us out before bedtime
- ✓ **Caution with caffeine** – avoid coffee, energy drinks and soft drinks late in the day
- ✓ **Put those screens down** – at least one hour before bed, put your devices down until the morning or change them to “night mode”
- ✓ **Take a note** – If you find yourself worrying at bedtime or planning the next day, grab a notepad and write it down
- ✓ **Get moving** – lying awake, fretting or frustrated? Get up and try a gentle activity, such as reading, until you feel sleepy enough to try going back to bed

## To exercise before bed or not?

Studies show that getting outside in the morning really helps regulate our Circadian rhythms, ensuring our body clock and our sleep-wake cycle functions correctly. But exercise three hours or less before bed, and you might not get that sound sleep you were after.

## What does a good night's sleep look like?



You fall asleep within 30 minutes of going to bed



You sleep throughout the night, waking up no more than once



You get the number of hours for your age group as recommended



You should feel restored and refreshed when you wake

Farmstrong Scotland is a wellbeing programme for the farming and crofting sector, sharing peer-to-peer tips and advice.

[www.farmstrongscotland.org.uk](http://www.farmstrongscotland.org.uk)

If you are concerned about yourself or someone else, talk to someone. Contact **your doctor, RSAB** (24-hours); 0808 123 4555  
**Breathing Space**: 0800 838 587 or **Samaritans** (24-hours): 116 123



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**FARMSTRONG**  
Scotland

# Snoozing Success

Not getting a good night?

Here are some top tips to help improve your sleep



**Live Well Farm & Croft Well**

# Sleep is a crucial part of our lives

Good sleep isn't a luxury; it's a crucial part of feeling good and functioning well. Yet for many farmers and crofters, sleep can be unpredictable.

Early mornings, long days, and the seasonal demands of the job often mean that quality rest takes a back seat.

But whether you're someone that falls asleep the moment your head hits the pillow or find yourself wrestling with insomnia, there are practical ways to improve your sleep, even when life doesn't allow for a perfect routine.

And most importantly, when it comes to sleep, there's no one-size-fits-all solution. Your body's needs are personal, and finding what works for you might require some experimentation. With small adjustments, you can turn erratic nights into a solid foundation for better health and greater performance on the job.



Transitioning from work mode to sleep mode is key. Set aside 30 to 60 minutes before bed for calming activities such as reading, stretching or listening to soft music."



Scan this QR code to listen to Alyson on the Farmstrong Blether Together Podcast



Alyson O'Brien - Head of Service for the charity, Sleep Action



## So, how does sleep impact our wellbeing?

Studies have shown that not getting enough sleep can:

- make you feel low or anxious
- impair cognitive functioning and performance
- affect your memory
- slow down your thought process
- lead to an increase in the number of mistakes made
- lead to lower self-esteem
- cause a lack of energy and motivation
- make you feel irritable
- leads you to behave erratically
- increase the risk of accident and injury

## How tired are you?

Circle the number that best describes you

QUESTION	NEVER	SOMETIMES	OFTEN	ALWAYS
Do you fall asleep in front of the TV?	1	2	3	4
Are you grumpy at home or at work?	1	2	3	4
Do you fall asleep as a passenger on car journeys?	1	2	3	4
Do you sleep more on your days off?	1	2	3	4
Do your partners or friends complain you are not interested in doing things on your days off?	1	2	3	4
Do you have trouble following instructions?	1	2	3	4
Do you feel tired and have difficulty concentrating during the day?	1	2	3	4
Do you have to make an effort to do things you used to enjoy?	1	2	3	4
Add up your score to find out your fatigue level. Under 10 - low fatigue 11 to 18 - moderate fatigue 19 to 32 - high fatigue	YOUR SCORE			

For help addressing high fatigue or sleep disorders, please contact your GP.

Further information is available on the **NHS Sleep** website, the **Sleepio App** (free for NHS Scotland Patients) or by contacting **Sleep Action** on the National Sleep Helpline: **03303 530 541**



If I wake up in the night, I listen to BBC World Service, a podcast or an audio book to help me get back to sleep."



John Ritchie, Montalt Farm, Perthshire