



SLEEPLESS in Nebraska

The Issue

Sleep affects every moment of our daily lives, from how we think and remember to how our bodies thrive or deteriorate. It determines how we deal with stress, make choices related to safety, and function as human beings. While most health education tends to focus on nutrition and activity, sleep is arguably the single most important factor in maintaining a healthy lifestyle, and lack of it causes a significantly reduced quality of life.

Extension Response

Nebraska Extension is committed to providing opportunities that will improve the well-being of individuals by offering in-person or online programs dedicated to sleep deficiency and combatting this public health problem.



“Sleepless in Nebraska”

is available as a program featuring strategies for self-care related to sleep hygiene. This information is beneficial for staff of any Nebraska business, members of organizations, students, healthcare professionals, and teachers. Content is customized to fit particular participants’ circumstances with plenty of time for Q & A discussion. Examples of audiences: shift workers, ag audiences, conference attendees, club members, employees, or anyone with sleep difficulties. The youth versions for teens and elementary levels provide interactive, fun environments for learning about sleep.

What is the #1 take-away you will remember from this program?

“wake time and importance of light”



“routine is a good thing”

“statistics”

“tips I will share with patients”

“sleep position & body part relaxation”

Participants choose
an average of
7 out of 30 sleep tips
they plan to try.

The best thing this presenter did was...

“the game and relaxing environment”

“held the attention of the audience”

“advice for shift workers”

“sleep tips and tricks checklist”



Susan Harris, Extension Educator – Rural Health, Wellness, and Safety

☎ 308.832.0645

✉ susan.harris@unl.edu

UNIVERSITY OF
Nebraska
Lincoln