



Sleepless in Nebraska

Sleep Deprivation Affecting Our Lives

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

We are committed to providing opportunities that will improve the well-being of individuals by offering programs dedicated to sleep deficiency and combatting this public health problem.



“Sleepless in Nebraska” is available as a program within the state of Nebraska.

“You Snooze, You WIN” is a similar program, offered outside state lines.

These programs for adults focus on strategies for self-care or for employers, customized to fit particular participants’ circumstances with plenty of time for discussion. Examples of audiences: shift workers, clubs, employees, conference attendees, groups or organizations. Development of a program for young children related to this topic is ongoing throughout 2019.

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 **7.72 new sleep tips** they will go home and 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”

