

Sleep in Ag

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Farmers and Ranchers are getting less sleep during Peak Production Seasons*

BACKGROUND

- Sleep deprivation is a public health problem (Strine & Chapman, 2005)
- Insufficient sleep increases risk for accident and injury (Gregory, 2008)
- Farming and ranching have higher rates of accident, injury and death (Bureau of Labor Statistics, 2007)
- Ag work involves seasonal peak busy periods (calving, planting, harvesting), and non-peak slow seasons (winter)
- No research to date has investigated whether farmers and ranchers sleep less during peak busy seasons compared to slow seasons

METHODS

Collected objective sleep data (via actigraph) from 30 farmers/ranchers

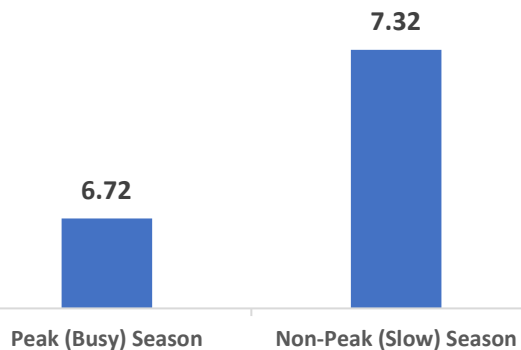
- 1 week during peak busy season
- 1 week during slow season

Compared measures of sleep quantity and quality between peak and non-peak seasons.

- Descriptives
- One-way ANOVA

**Data collection is ongoing, preliminary results presented here.

Average Nightly Sleep in Hours



*Peak production seasons include calving, planting, haying, harvesting, etc.

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RESULTS

	Peak (Busy) Season	Non-Peak (Slow) Season
Bedtime	11:01 pm	10:51 pm
Wake Time	6:43 am	6:53 am
Sleep Efficiency	89.9%	91.1%
Total Nighttime Sleep (hours)	6.72	7.32
Number of Night Wakings	15.4	17.4
Time Awake After Bedtime (minutes)	44.3	42.4

DISCUSSION

- Preliminary results suggest there are differences in the amount and quality of sleep in farmers and ranchers between peak busy seasons and non-peak slow seasons
- Additional analyses will be conducted when data collection is complete



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