


WAKE UP TO THE NEED FOR SLEEP

Information for the Soldier

Obtaining optimal sleep is critical to mission readiness in the operational environment.

 Soldiers may not always be able to get optimal sleep due to mission requirements. These recommendations can help Soldiers get quality sleep as often as possible.

SLEEP FACTS AND FIXES

FACT

7-9 hours of quality sleep is required every 24-hour period.



Exposure to blue light from computers, phones, tv, and video games disrupts sleep signals.



Caffeine and energy drinks do not reduce the need for sleep.



Exercise promotes continuous sleep, but the time of day matters!



FIX

Set a bedtime that allows 7-8 hours of sleep and keep a routine every day.

Turn off lights and remove electronics from your bedroom. Use FREE blue light filtering software and apps.

No caffeine AT LEAST 6 hours before bedtime.

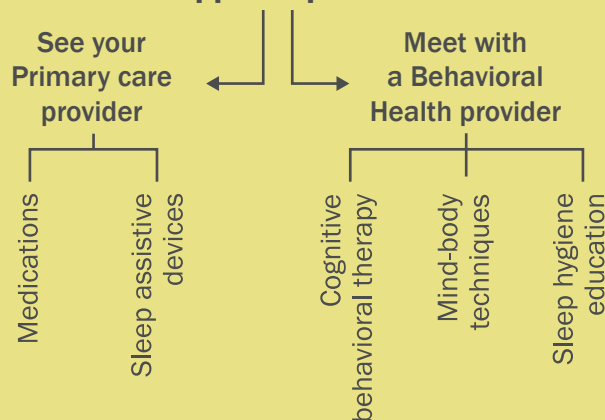
Avoid rigorous exercise before bedtime. Rigorous exercise circulates endorphins throughout the body which may cause difficulty initiating sleep.

WHEN TO CONSIDER PROFESSIONAL HELP

Seek professional help if you:

- regularly experience difficulty sleeping,
- are often tired during the day (despite sleeping at least seven hours the night before), or
- consistently have a reduced ability to perform daytime activities.

Professional Support Options

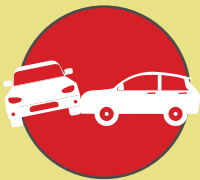


<https://www.sleepfoundation.org/sleep-topics/sleep-hygiene>

CONSEQUENCES OF LIMITED SLEEP



Less than 7 hours of sleep for 3+ days = 20% decrease in decision-making and memory abilities.



Fatigue from lack of sleep is a leading cause of near misses, accidents, and motor vehicle crashes.



Work performance after only getting 5-6 hours of sleep is similar to working after 2-3 alcoholic drinks.



RESOURCES

- A Leaders Guide to Soldier Health and Fitness (ATP 6.22.5)
- Centers for Disease Control and Prevention Sleep Program <https://www.cdc.gov/sleep/index.html>
- Performance Triad (P3) Sleep Resources <https://p3.amedd.army.mil/downloads>
- Army Public Health Center Sleep Resources <https://phc.amedd.army.mil/topics/healthyliving/sleep/Pages/default.aspx>