



HOLISTIC WELLNESS CHALLENGE

SLEEP IS CRITICAL TO MISSION READINESS



CHALLENGE your Service members to adopt at least one of the recommended resources this month to improve sleep

FACTS & FIGURES: DID YOU KNOW?



Adults 18-60 years old should get **7 OR MORE HOURS** per night



Only **26%** of leaders **ENCOURAGE SLEEP** according to Army survey



64% of Service members report **LESS THAN 7 HOURS** per night, which is double the civilian population



GOOD SLEEP HABITS can promote quality and duration of sleep



Being **AWAKE FOR 17 HOURS** is like having a blood alcohol level of 0.05%; 24 hours is 0.10%; drunk driving is 0.08%



TACTICAL NAPS (20-30 mins), **SLEEP BANKING** (prior to sleep loss activity), and **MODERATE CAFFEINE** (200-300mg) can help support health or sustain performance until sleep debt is erased

SLEEP OPTIMIZES WELLNESS

- **Improves performance:** Leads to more energy, better balance, fewer injuries, and shorter recovery times
- **Enhances mental readiness:** Improves decision-making, problem-solving, memory, and attention to detail
- **Manages stress:** Enhances coping skills, reaction to change, and response under pressure
- **Controls emotions:** Manages mood swings, frustration, impulse, and risk-taking behaviors
- **Regulates hormones:** Impacts appetite, food choices, and risk of health issues like diabetes and weight gain

TIPS FOR BETTER SLEEP



- **Be consistent.** Go to bed at the same time every night and get up at the same time every morning, even on weekends
- **Create calm.** Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- **Remove electronics.** Put away TVs, computers, tablets, smart phones, and gaming devices
- **Avoid stimulants/depressants.** Do not consume large meals, caffeine, nicotine, or alcohol before bedtime
- **Get exercise.** Being active during the day can help you fall asleep more easily (ideally finish exercise at least 3 hours before bed)
- **Reserve the bed:** Use your bed for sleeping and intimacy only
- **Seek support:** Contact a doctor, if sleeplessness persists

CONTACT US

For more information on sleep or other wellness topics, email us at: ng.ncr.ngb.mbx.integrated-prevention-branch@army.mil



ENCOURAGE POSITIVE SLEEP BEHAVIORS

- As leaders, we're aware of the stigmatizing narrative that sleep is for the weak. That's false. We must change the culture to understand the positive impacts of getting the right amount of sleep.
- Talk to your Service members about the physical, cognitive, and emotional benefits of sleep. Readiness depends on it.
- No amount of motivation, willpower, or training can overcome a sleep debt. Only sleep can pay down the debt.
- Guardsmen are balancing military and civilian life and sleep often suffers. Create a positive command climate that reduces workplace stress, which can negatively impact sleep.
- Work with your Integrated Primary Prevention Workforce to raise awareness by sharing tips and resources for enhancing the health and well-being of Service members through improved sleep.
- Sleep is as essential as food, water, and training.



RESOURCES TO RECOMMEND



- Sleep and Performance: Infographic that identifies sleep facts and how to manage sleep debt: <https://www.hprc-online.org/mental-fitness/sleep-stress/learn-how-sleep-impacts-your-performance>



- Getting to Sleep: Audio exercise to help you fall asleep: <https://www.militaryonesource.mil/products/chill-drills-4-getting-to-sleep-60>



- CPT-I Coach: Cognitive Behavioral Health Therapy for Insomnia mobile app with hygiene tips, relaxation skills, and a sleep diary: <https://apps.apple.com/us/app/cbt-i-coach/id655918660?ls=1>



- How to Get Better Sleep: Podcast to learn how sleep impacts you (affects immunity and decision-making) and how you can impact your sleep (proper diet and good sleep habits): <https://www.militaryonesource.mil/training-resources/podcasts/military-onesource/better-sleep>



SPOTLIGHT: UTAH ARMY NATIONAL GUARD

Sleep and Soldier Enhancement

A collaboration between the Utah Army National Guard and the University of Utah, this new initiative aims to improve Soldiers' understanding of their sleep patterns

What:

- Headbands will be issued on a voluntary basis to Soldiers who are in a high tempo environment or experience problems with their sleep according to the Global Assessment Tool (GAT)

Who:

- The National Guard Bureau works with States, Territories, and the District of Columbia to identify, evaluate, select, and disseminate evidence-informed practices across the National Guard
- These state-driven programs receive assistance to establish local implementation and evaluate effectiveness

How:

- Service members will be issued headbands that measure frontal cortex activity during sleep
- Data from the devices will be used to tailor educational resources to help Service members improve the quality of their sleep
- The devices will also detect signs of chronic diseases, such as sleep apnea, which will alert Soldiers to the need for medical care

Contact:

- For more information on Sleep and Soldier Enhancement, email us at: ng.ncr.ngb-arng.mbx.ngb-j1-partnerships@army.mil

REFERENCES:

1. Centers for Disease Control and Prevention, Sleep and Sleep Disorders, Are You Getting Enough Sleep?: <https://www.hprc-online.org/mental-fitness/sleep-stress/sleep-readiness-optimize-your-performance-and-military-wellness>
2. Study on Effects of Sleep Deprivation on Readiness of Members of the Armed Forces: <https://www.hprc-online.org/mental-fitness/sleep-stress/learn-how-sleep-impacts-your-performance>
3. Centers for Disease Control and Prevention, National Institute of Occupational Safety and Health, Reducing Risks Associated with Long Work Hours: <https://apps.apple.com/us/app/cbt-i-coach/id655918660?ls=1>
4. Sleep Readiness to optimize your performance and military wellness: <https://www.hprc-online.org/mental-fitness/sleep-stress/sleep-readiness-optimize-your-performance-and-military-wellness>

Photo caption: Soldier participates in sleep study. Walter Reed Army Institute of Research. October 26, 2021. Photo by Arlen Caplan.

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