



SLEEP READINESS

Sleep readiness is the ability to recognize and implement sleep principles to support optimal brain function. Soldiers need 7-9 hours of sleep per day to maximize health and sustain performance.

SLEEP IMPACTS PERFORMANCE

MILITARY PERFORMANCE

Sleeping 7-9 hours per night is essential to optimally perform complex decision-making.

ACCIDENTS

Sleep loss degrades attention and vigilance which increases risk for accidents.

INJURIES

Athletes who sleep less than 8 hours per night are twice as likely to sustain injuries that season. Soldiers are tactical athletes who face similar physical demands as other sport athletes.

IMMUNE SYSTEM

Sleeping less than 7 hours per night increases likelihood of catching a common cold by 32%.

RELATIONSHIPS

Sleep loss can make it harder to understand others and accurately interpret emotions.

TESTOSTERONE

Healthy males have a decrease in testosterone levels following days of reduced sleep.

STRATEGIES TO IMPROVE SLEEP READINESS

TACTICAL NAPPING: One way to circumvent less than optimal time for sleep is to take naps. Shorter naps (< 30 minutes) are ideal when the Soldier needs to be fully alert upon awakening. Longer naps can help make up for sleep loss, but can also cause grogginess.

SLEEP BANKING: Sleep is like a bank account. The more you put in, the more performance can be sustained during high tempo missions.

SLEEP RECOVERY: Reduced performance from sleep loss can only be reversed by subsequent sleep recovery.



For more information refer to:
FM 7-22, Holistic Health and Fitness 2020
usacimt.tradoc.army.mil



<http://www.hprc-online.org>

