



# 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](mailto: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](mailto: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.

The contents of this document are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment.