



# SLEEP 8 TO REJUVENATE

- ➔ Quality sleep reduces the risk of chronic conditions such as obesity, heart disease, and diabetes.
- ➔ You need 7–8 hours of quality sleep every night to be at your best.
- ➔ Creating and maintaining a consistent bedtime and wake time routine can help you overcome sleep problems.
- ➔ Talk to your healthcare provider if you are having trouble getting regular sleep.

*Performance TRIAD*  
*Make Sleep a Priority*

Zz



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY, AND NUTRITION  
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

