

Signs of Insufficient Sleep:

- ➔ Struggling to stay awake during mission breaks, guard duty, or driving
- ➔ Difficulty understanding or tracking information
- ➔ Attention lapses
- ➔ Irritability, decreased initiative/motivation

Overcoming Sleep Distractors:

- ➔ Nap as much as possible to get 7-8 hours of sleep every 24 hours
- ➔ If tactically permitted, use soft foam earplugs and a sleep mask or room fan to block noise/light
- ➔ Do not use any drugs (prescription or over-the-counter) to help you sleep unless you are taking them under the guidance of your healthcare provider

Best Sleep Habits:

- ➔ Sleep 7-8 hours every 24 hours.
- ➔ No caffeine within 6 hours of lights out.
- ➔ Finish PT 3 hours before lights out.
- ➔ Establish a wind-down routine starting 30–60 minutes before lights out. Stop using electronics. Read or listen to relaxing music instead.
- ➔ Empty your bladder just before lights out so the need to urinate won't interrupt your sleep.
- ➔ Sleep in a safe, quiet place: if tactically permitted, use soft foam earplugs or a fan to block sounds. Use a sleep mask to block light.
- ➔ Wake up at the same time every day of the week.
- ➔ If you still have sleep problems 2 weeks after correcting your sleep habits, talk to your healthcare provider.



TA-190-1213
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Sleep well, be alert, and get focused.

Learn more about the Performance TRIAD at
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

Sleep Tactics for the Professional Soldier Athlete: Sustained Operations



Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME



Sleep is critical for sustaining the mental abilities you need for success in training and on the battlefield. Even simple tasks such as communicating, driving, or plotting grid coordinates can be impaired by inadequate sleep (anything less than 7–8 hours every 24 hours). Soldiers can correctly sight a target – but they might select the wrong target.

Combat operations can create situations where inadequate sleep becomes the norm. Soldiers who do not get enough sleep accumulate a sleep debt that must be paid off by getting the needed sleep. It's mission-critical to make sleep your top priority.

Inadequate sleep impairs these (and other) abilities:

- ➔ Detecting and appropriately determining threat level
- ➔ Requesting indirect fire
- ➔ Coordinating squad tactics
- ➔ Integrating range cards

Sleep Tactics for Sustained Operations

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|---------------|---|
| Before | ➔ Get at least 7–8 hours of sleep every 24 hours the week before the operation so that you start the mission with a full sleep bank . |
| During | <ul style="list-style-type: none">➔ If possible, get 7–8 hours of sleep every 24 hours.➔ If 7–8 hours is not possible, take naps when mission permits to minimize your sleep debt.➔ Use caffeine to temporarily sustain mental performance until you can obtain sleep. |
| After | ➔ Get extra sleep each day to pay off your sleep debt and resupply your sleep bank . |

Using Caffeine

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| Sustained Operations (no sleep) | <ul style="list-style-type: none">➔ 200 milligrams (mg) at about midnight➔ Take 200 mg again at 0400 and 0800 hours, if needed➔ Use during daytime (1200, 1600 hours) only if needed |
| Night Ops with Daytime Sleep | <ul style="list-style-type: none">➔ 200 mg at the start of night shift➔ 200 mg again 4 hours later➔ Last dose: at least 6 hours before sleep period |
| Restricted Sleep (< 6 hrs) | <ul style="list-style-type: none">➔ Take 200 mg upon awakening➔ Take 200 mg again 4 hours later➔ No caffeine within 6 hours of lights out |

50 mg = 1 16-oz. bottle of Coke®

60 mg = 1 squirt (1/2 tsp) MiO® Energy Water Enhancer

60 mg = 1 16-oz. bottle of Diet Coke®

80 mg = 1 8.3-oz. can of RedBull®

100 mg = 1 piece of Stay Alert® chewing gum

160 mg = Monster® Energy Drink

200 mg = 1 tablet of NoDoz®

330 mg = 1 16-oz. Starbucks PikePlace® Roast coffee

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