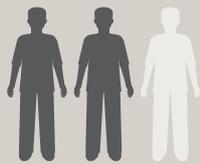


# SLEEP MATTERS

Well-rested warriors are important for a psychologically healthy and ready force.

Service members get around 6.5 hours of sleep per 24 hours while deployed.  
**7-8 HOURS OF SLEEP PER NIGHT IS RECOMMENDED.**



**2 of 3**  
service members  
report less than  
7 hours of sleep<sup>1</sup>



**60%**  
report feeling tired  
or fatigued at least  
1-2 times per week<sup>1</sup>



Almost half  
of service  
members  
report poor  
sleep quality<sup>1</sup>

## FIVE TIPS TO MAXIMIZE YOUR SLEEP

Maximize your sleep with these practical tips<sup>\*</sup>  
from the Real Warriors Campaign.

*These tips represent ways to help you sleep and are not a substitute for treatment.*



### LIMIT SCREEN TIME

Keep electronics including your smartphone, computer or a tablet away from your bedroom. The blue light can make it harder to fall or stay asleep.



### KEEP A SLEEP SCHEDULE

Train your body to fall asleep naturally by setting a routine. Aim to wake up at the same time each day to help improve your sleep quality.



### WATCH WHAT YOU CONSUME BEFORE BED

Caffeine, nicotine, alcohol, sugar and a late meal can keep you awake. Give your body at least three hours to digest your meal.



### NAP STRATEGICALLY

A nap in the late morning/early afternoon can help make up for reduced nighttime sleep. This can help to increase alertness and improve mood.



### CREATE A SOOTHING SLEEP SPACE

Cool, dark and clean are key. Get rid of anything that might keep you awake. Try using earplugs or a sleep mask for better sleep.



\*Tips adapted from The National Sleep Foundation and the U.S. Army Performance Triad.

**SEEK CARE** if you are still having trouble with sleep after trying these tips above, take the first step and contact your primary care manager or internal behavioral health consultant to receive advice, assess symptoms, and talk through ways to address your concerns.

## WANT TO LEARN MORE?

### Psychological Health Resource Center

Call/chat with a trained health resource consultant 24/7 at 866-966-1020 or [realwarriors.net/livechat](http://realwarriors.net/livechat).

### Military Treatment Facility/ TRICARE Nurse Advice

Find a location near you at [tricare.mil/mtf](http://tricare.mil/mtf) or call 800-874-2273, press 1 for health advice 24/7 from a registered nurse.

### Real Warriors Campaign

Visit our website [realwarriors.net](http://realwarriors.net) for more support and access to key psychological health care resources through our "Seek Help, Find Care" page.

REAL WARRIORS ★ REAL BATTLES  
**REAL STRENGTH**

[realwarriors.net](http://realwarriors.net)

[facebook.com/realwarriors](https://www.facebook.com/realwarriors)

[twitter.com/realwarriors](https://twitter.com/realwarriors)

<sup>1</sup>Seelig, A. D., Jacobson, I. G., Smith, B., Hooper, T. I., Boyko, E. J., Gackstetter, G. D., ... for the Millennium Cohort Study Team. (2010). Sleep Patterns Before, During, and After Deployment to Iraq and Afghanistan. *Sleep*, 33(12), 1615-1622.

