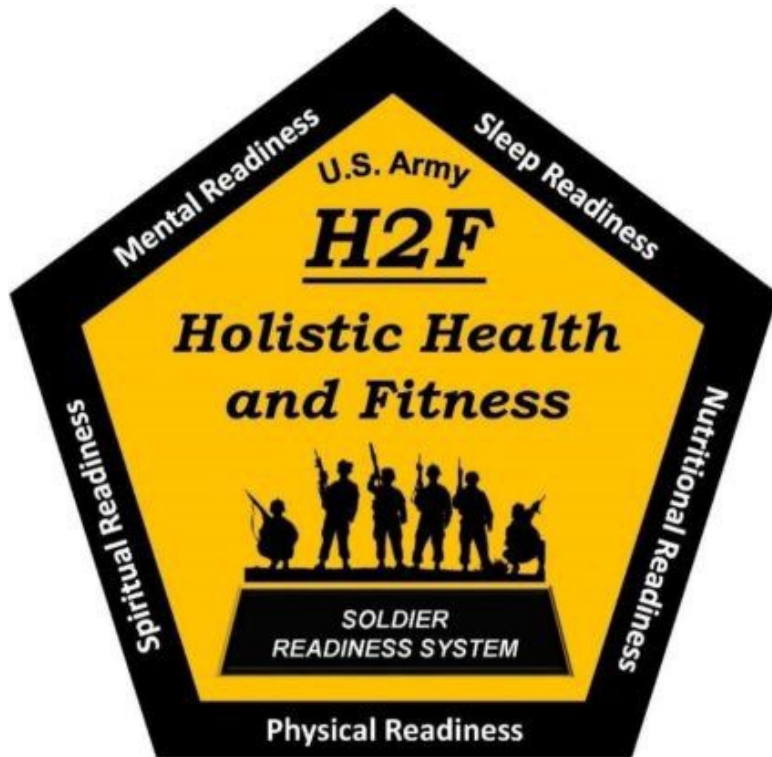




TJAGLCS H2F TOUCHPOINT



FY22

MAY

SLEEP READINESS

WHY WE NEED H2F & SLEEP READINESS

- Athletes who sleep less than 8 hours a night are twice as likely to sustain injuries.
(TRADOC H2F Proponent)
- Sleeping less than 7 hours a night increases your likelihood of catching a common cold by 32%
(TRADOC H2F Proponent)

SLEEP READINESS

“Like the rest of the body, the brain has physiological needs for food, water, and oxygen—basic needs that must be met not only to ensure proper brain functioning, but also to sustain life itself. However, unlike the rest of the body, the brain has one additional physiological need; sleep. The brain requires sleep to maintain normal function.”

(FM 7-22, 3-24)

SLEEP READINESS CHALLENGE

MAINTAIN A 10 DAY SLEEP DIARY

10-Day Sleep Diary

Instructions:

1. Write the date, day of the week, and type of day: Work, School, or Off.
2. Follow the key to add the appropriate letter in each box.
3. Rate in the last column how energized you felt the next morning. 5—extremely energized, 4—very energized, 3—moderately energized, 2—slightly energized, 1—not at all energized.

Sample entry below: On Monday, I jogged on my lunch break at 1 p.m., drank a glass of wine with dinner at 6 p.m., fell asleep watching TV from 7–8 p.m., went to bed at 10:30 p.m., fell asleep around midnight, woke up at 4 a.m., slept from 5–7 a.m., and had coffee, a multivitamin, and medicine at 7 a.m. I felt moderately energized.

- A:** Drank alcohol
- C:** Had caffeine
- D:** Took any dietary supplement
- E:** Exercised
- M:** Took any medicine
- S:** Slept at night or took a nap during the day
- X:** Went to bed for the night



Sample	Today's Date	Day of Week	Type of Day	Noon	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	Midnight	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	Energy Level	
	1/1/20	Mon	Work		E					A	S			X		S	S	S	S			S	S						3



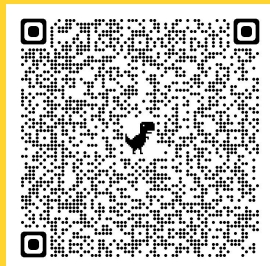
SLEEP READINESS RESOURCES



"Sleep is the best way for your body to physically and emotionally be able to recover and get back to 100 percent as possible. Now, will you wake up and feel 100%? There are some days you don't. So some days feel better than others. But the more, and more, and more time that you get those 8 hours of sleep, if you can get 9, that's amazing."

Lebron James

Is your social media use problematic and potentially contributing to your sleep issues? Use the HPRC's Social Media Self-Check to find out!



- **TJAGLCS H2F Leader Development Academy**
Each month TJAGLCS will host a Leader Development brownbag lunch dedicated to educating faculty and staff on the domains of H2F. For the month of May, COL Maegan Rizzo, Chief of Sleep Medicine at Walter Reed National Military Medical Center, will be lead our monthly LDP. COL Rizzo's presentation will focus on the importance of sleep and why it is essential for optimal performance.
When: 03 MAY, 1230-1330-1300 over Zoom
Contact the TJAGLCS Chaplain for more information.

- **Human Performance Resources by CHAMP (HPRC)**
Human Performance Resources by CHAMP (HPRC) is a team of scientists, specialists, and support staff who translate research into evidence-based resources to help Warfighters and their families achieve total fitness and optimize performance, whether at home, in the office, or in theater.
hprc-online.org/nutrition/performance-nutrition.



Insomnia? Mind racing at night? Worries keeping you up? "Sleep with Me" is a podcast that allows you to tune in for a bedtime story that lets you forget your problems and progressively gets more boring until you fall to sleep. So get in bed, press play, close your eyes, and drift off into dreamland.



Deep Energy Podcast is a podcast of ambient and new age music for Sleep, Meditation, Relaxation, Massage, Yoga, Reiki and Therapy.

"Leaders have a planning decision aid to help plan missions and predict the effects of any sleep-wake schedule on performance. This scientifically-developed mission planning decision aid, the 2B-Alert Web, is available at <http://sleep.bhsai.org>. This tool can predict the effects of any sleep-wake schedule on vigilance performance, as well as the efficacy of applying both naps and caffeine as fatigue countermeasures at any point during a mission." (FM 7-22, 11-71).



THE ARMY'S NO. 1 PRIORITY IS TAKING CARE OF ITS SOLDIERS, CIVILIANS AND FAMILIES

LEADERS' CORNER

“While good leadership is essential for a wide range of unit outcomes, leadership behaviors that target sleep can improve sleep habits of unit members and the unit’s overall sleep culture (FM 7-22, 11-24).” Leaders need to be committed to setting the conditions, lead by example, educate and encourage, and prioritize and plan for their subordinates to be able to get the sleep they need to perform at the best.

- Set Conditions
- Lead by Example
- Educate and Encourage
- Prioritize and Plan

FM 7-22, 11-24

Below is a helpful tool leaders’ can use to help determine how to plan a sleep schedule for themselves and their subordinates.

Before

Two weeks prior, get 8 or more hours of sleep per night.

Stop caffeine and alcohol consumption at least 6 hours prior to scheduled sleep.

During

Take naps whenever possible to accumulate 7-8 hours of sleep in every 24 hour period.

Caffeine can be used to reduce grogginess on awakening.

Separate day and night shift sleep areas.

After

To reduce sleep debt or deprivation, plan on additional sleep time.

Increase sleep to 8 hours every 24 hours to return to optimal alertness and performance.

FM 7-22, Table 11-1

“Soldiers (and civilians) should sleep as much as they can, whenever they can, as the situation allows. The vast majority of Soldiers (and civilians) require 7-8 hours of sleep per night to sustain performance; more sleep the better. Soldiers can maximize sleep and subsequent performance by timing sleep and caffeine use optimally. Finally, only sleep replaces lost sleep.”

(FM 7-22, 11-76)

SLEEP HYGIENE SELF-CHECK from CHAMP



CHAMP

Consortium for Health and Military Performance

HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org

Total Force Fitness | Physical Fitness | Nutrition | Mental Fitness | Social Fitness

Sleep Hygiene Self-Check

Sleep is critical for your health, performance, and well-being. Sleep strategies aren't one-size-fits-all, though. So it's important to find what works best for you when it comes to getting the sleep you need to be energized and productive each day. Check out these sleep hygiene tips to see if they might work for you. To learn more about the science behind these tips, read HPRC's article on [sleep readiness](#).

1. I make sleep a priority by choosing it over work, social events, or watching "just one more" TV show when appropriate.



I already do this.



This will not work for me at this time.



I want to try this strategy.

2. I know how much sleep I personally need to optimize my health and performance by doing a [sleep self-study](#), and how [different lengths of sleep impact my energy and focus](#) (most adults need 7–9 hours each night).



I already do this.



This will not work for me at this time.



I want to try this strategy.

3. I have a consistent wake-up time for most days of the week.



I already do this.



This will not work for me at this time.



I want to try this strategy.

4. I get early morning and regular exposure to sunlight (or artificial bright light when sunlight isn't possible) that helps me set my body clock and be ready for sleep at night.



I already do this.



This will not work for me at this time.



I want to try this strategy.

5. I have a regular exercise routine that helps me be physically tired at the end of the day.



I already do this.



This will not work for me at this time.



I want to try this strategy.

6. I avoid naps close to bedtime.



I already do this.



This will not work for me at this time.



I want to try this strategy.

7. I avoid stimulating or energizing physical or mental activities at least one hour before bedtime. (It's normal to have an energy boost one hour before bedtime.)



I already do this.



This will not work for me at this time.



I want to try this strategy.

8. I turn off devices at least one hour before bedtime and dim the lights.



I already do this.



This will not work for me at this time.



I want to try this strategy.

9. I stop consuming [caffeine](#) at least 6 hours before I go to bed.



I already do this.



This will not work for me at this time.



I want to try this strategy.