

TACTICAL NAPPING

TACTICAL NAPS ARE BRIEF PERIODS OF SLEEP THAT RESTORE AND SUSTAIN WARFIGHTER READINESS AND PERFORMANCE

THE MORE SLEEP YOU GET, THE BETTER YOU WILL PERFORM PHYSICALLY, COGNITIVELY, AND EMOTIONALLY.

IN GARRISON

MAINTAIN HEALTHY SLEEP PATTERNS



Naps can help achieve the goal of 7+ hours of sleep every 24 hours that is necessary for maximal health and performance

FOR SUSTAINED OPERATIONS

BEFORE



Sleep banking, or taking a nap before a period of unavoidable sleep loss, can help sustain performance during that sleep loss

DURING

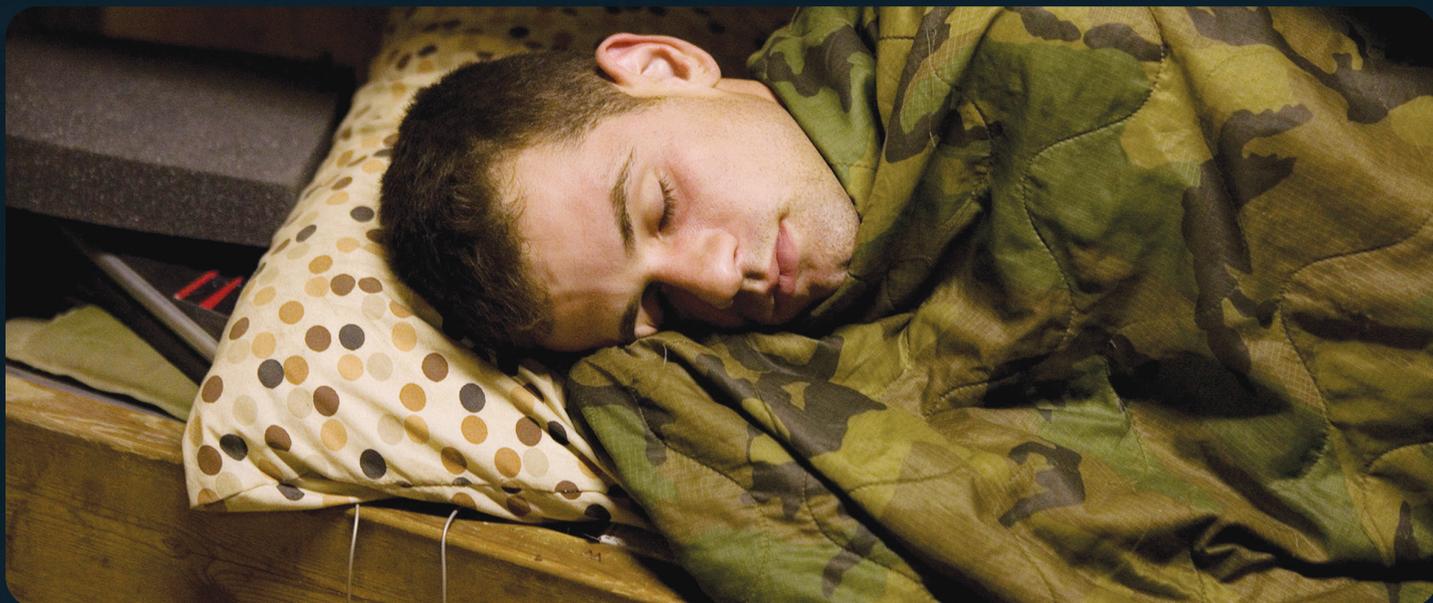


When feasible, napping during continuous or extended operations will help sustain and restore performance

AFTER



Performance decrements from sleep loss can only be reversed by subsequent recovery sleep



TIPS FOR MAXIMIZING TACTICAL NAPPING IN THE OPERATIONAL ENVIRONMENT

CONSIDER THE SLEEPING ENVIRONMENT



- A disruptive sleeping environment can increase awakenings and prevent deep, restorative sleep.
- Try to nap in an environment that is dark, quiet, cool, with good air quality, and with a comfortable sleeping surface.
- DO NOT ATTEMPT TO NAP IN FRONT OF, BEHIND, OR UNDERNEATH TRUCKS OR VEHICLES.

TAKE A CAFFEINE NAP (CAFF NAP/NAPPUCCINO)



- Because the alerting effects of caffeine in coffee or energy drinks can take ~15-20 minutes to kick in, ingesting caffeine immediately before a short nap can result in awakening in about 20 minutes feeling refreshed and alert.
- During sustained or extended operations, if an opportunity for a short nap arises, caffeine naps may reduce post-awakening grogginess and disorientation (“sleep inertia”).

AVOID THE NAP DANGER ZONE



- Avoid napping too close to bedtime, as this may interfere with nighttime sleep.
- If naps are consistently impacting nighttime sleep, consider taking shorter, earlier, and/or fewer naps.

MINIMIZE SLEEP INERTIA (THAT GROGGY FEELING AFTER A NAP)



- Sleep inertia severely impacts alertness and performance.
- If possible, wait 10-20 minutes after awakening before engaging in critical cognitive tasks.
- If a 10-20 minute delay is not possible, caffeine chewing gum* can reduce sleep inertia in about 5 minutes (quicker than coffee or energy drinks).



*DID YOU KNOW?



Military Energy Gum, developed at WRAIR, comes as part of “extra rations” that can be ordered for your unit!

amazon-militaryenergygum.com

- Walter Reed Army Institute of Research is currently working on developing and testing strategies to maximize the effectiveness of napping in the operational environment.
- Comprehensive sleep and nap information is detailed in Army FM 7-22.
- Detailed information on the sleeping environment: Mantua, J., et al. (2019), *Military medicine*, 184(7-8), e259-e266.
- Validation of caffeine gum: Kamimori, G. H., et al. (2002). *International journal of pharmaceuticals*, 234(1-2), 159-167.