

WHY SLEEP MATTERS

THE PROBLEM OF INSUFFICIENT SLEEP AMONG MILITARY MEDICAL PERSONNEL

65% of military medical personnel in garrison and **70%** of deployed military medical personnel report obtaining less than 7 hours of sleep per night

7+ hours of sleep per night is recommended for optimal health and performance

SLEEP LOSS DEGRADES HEALTH, WELL-BEING & PERFORMANCE

HEALTH

- Metabolic disorders
- Cardiovascular disease
- Neurological disorders

WELL-BEING

- Emotion dysregulation
- Anxiety
- Depression
- Injury susceptibility

COGNITIVE PERFORMANCE

- Attentional Lapses
- Cognitive Inflexibility
- Memory Impairment

PERFORMANCE & SAFETY

- Interactions with patients and staff
- Diagnostic and clinical reasoning
- Decision making
- Motor vehicle accident risk



Organizational Solutions



Complete Checklists

Use checklists to reduce the likelihood of sleep loss-mediated errors.



Promote Sleep Leadership

Leaders can support individual and team performance by prioritizing sleep for everyone.



Improve Work-Rest Schedules

Ensure adequate time off between shifts. Avoid switching between day and night shifts.

Individual Solutions



Sleep Banking

Obtain extra sleep prior to anticipated sleep loss.



Napping

Take strategic naps to sustain and restore performance.



Caffeine Use

Use caffeine (e.g. 200mg every 6 hrs) to mitigate fatigue and increase alertness.



Light Exposure

Maximize light exposure for an alerting effect. Minimize light near bedtime.



Rest Breaks

Take frequent rest breaks to mitigate both physical and mental fatigue.



Rotate Tasks

Switch tasks to help alleviate mental fatigue.



Sleep Environment

Optimize sleep environment (surface, light, air quality, noise, temperature) to boost recuperative sleep.



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