



SLEEPINESS AMONG MILITARY MEDICAL PERSONNEL



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THE PROBLEM OF INSUFFICIENT SLEEP AMONG MILITARY MEDICAL PERSONNEL

65% – 70%

REPORT OBTAINING LESS THAN 7 HOURS
OF SLEEP PER NIGHT

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



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SLEEP LOSS DEGRADES :

HEALTH

WELL-BEING

PERFORMANCE

SAFETY

SLEEP LOSS-RELATED IMPAIRMENT INCREASES
RISK OF MEDICAL ERROR BY UPWARDS OF

53% – 96%

*This is an issue across specialties and at
all levels of the organization.*



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Complete
Checklists



Promote Sleep
Leadership



Improve Work-Rest
Schedules

ORGANIZATIONAL SOLUTIONS

INDIVIDUAL SOLUTIONS



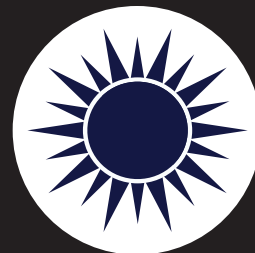
Sleep Banking



Napping



Caffeine Use



Light Exposure



Rest Breaks



Rotate Tasks



Sleep Environment



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