



# Warrior Fatigue Management Strategies 2.0

## Sleep Optimization Tips for Garrison

**Opportunity:** Backward plan to build in time for sleep

**Consistency:** Keep a consistent sleep and wake time

**Alcohol Intake:** Avoid alcohol because it interferes with effective sleep

**Sleep Environment:** Ensure a dark, cool, quiet space to sleep and avoid electronics 1 hour prior to bed

**No Big Meals:** Consider a light meal before bed, it may help with sleep

**Decompress:** Take 20 minutes prior to bed to relax (such as deliberate breathing)

## Effective Strategies

**Reverse PT Schedule:** Maximize morning sleep by shifting PT to the right

**Split Sleep:** 2-3 shorter sleep periods can be equivalent to 8 full hours of sleep

## Operational Sleep Tactics

**Regularly:** 7 + hrs/night

**Before Mission:** 10hrs/night (Sleep Banking)\*

**During Mission:** (See Reverse Side)

**After Mission:** 10 - 12hrs/night (Recovery)\*

\*As many days and hours as mission constraints allow.



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## What Jobs should be Prioritized?

**High** - Leadership Jobs

**Medium** - Tedious/Routine Jobs

**Low** - Physically Demanding Jobs

## Strategies during Sustained Operations

- **Tactical Naps:** When possible; even 5 minutes can help
- **Nappuccino:** Take a short nap immediately after drinking a cup of coffee to reduce grogginess
- **Operational Sleep Environment:** Place sleep area away from working area

## Caffeine for Optimal Alertness

### Sustained/Continuous Operations & Night Ops/Restricted

Impact	Caffeine can help promote alertness and performance		
	Caffeine does not replace sleep		
Dosing Schedule*	Take 200mg of caffeine every 4hrs upon waking/start of shift		
	Avoid caffeine 6hrs prior to bedtime, when possible		
	To maintain full effectiveness, save caffeine for operations		
Common Sources	16oz Coffee = ~150mg	16oz Energy Drink = ~300mg	1 piece Energy Gum = 100mg
Resources	<a href="http://sleep.bhsai.org">sleep.bhsai.org</a> can provide an optimal caffeine schedule for any operational scenario; <a href="http://p3.amedd.army.mil">p3.amedd.army.mil</a>		

\*Recommendations vary based on caffeine habits. Individuals who typically use high levels of caffeine may need up to 300mg whereas infrequent caffeine users may only need 100mg.



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