

SLEEP IN OPERATIONAL SETTINGS

How's your sleep *SLANT*?

Environmental factors degrade soldier sleep in the field. Improving these factors can boost the recuperative value of sleep.



SURFACE

S

Soft, yet firm sleeping surfaces (mattresses/cots/pillows)



LIGHT

L

Darkening shades during sleep
Bright light exposure upon awakening (for at least 1 hour)



AIR QUALITY

A

Air filters
Sleeping quarters away from burning waste



NOISE

N

White noise machines/loud fans/ear plugs
Sleeping quarters away from military operations



TEMPERATURE

T

Air conditioner or heat (65-67 degrees while sleeping is optimal)
Proper blankets/insulation

SLEEP AND CIRCADIAN CHALLENGES CAN BE PRESENT THROUGHOUT ALL PHASES OF A DEPLOYMENT CYCLE



Deployment Travel

Jetlag • Physical adjustment (e.g. altitude) • Improper use of sleep medications • Alcohol withdrawal • Local pathogens (e.g. traveler's diarrhea) • Sleep-disrupting medications (e.g. malaria prophylactics)

Redeployment

Jetlag • Nicotine withdrawal • Family/friend responsibilities • Work responsibilities • Trauma

On the Ground

*Mission responsibilities • Environmental factors (SLANT) • Time zone differences from loved ones
Excess of nicotine • Excess of caffeine*

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