

Sleep Readiness

Agenda



- ▶ H2F Doctrine
- ▶ H2F Domains
- ▶ Importance of Sleep
- ▶ Sleep Readiness Principles
- ▶ Sleep Banking
- ▶ How to Improve Your Sleep
- ▶ Check on Learning
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H2F READINESS DOMAINS

Mental
Readiness

Sleep
Readiness

Spiritual
Readiness

Nutritional
Readiness

Physical
Readiness





Sleep Readiness

NBA great LeBron James stated in a recent interview, that his NBA longevity is greatly attributed to his incredibly detailed sleep habits and “Sleep is the best way for your body to physically and emotionally be able to recover and get back to 100 percent as possible”.

King James went on to say “Now, will you wake up and feel 100 percent? There are some days you don’t. So some days you feel better than others. But the more, and more, and more time that you get those eight [hours of sleep]—if you can get nine, that’s amazing.”

-Sportscasting.com, Kozlowski, Aug 2021





Sleep Impacts

- Sleep readiness is the ability to recognize and implement the requisite sleep principles and behaviors to support optimal brain function.
- Sleep readiness empowers the Soldier to meet physical and nonphysical demands.
- Getting enough quality sleep is as essential to survival as food and water.
- Without sleep you can't form or maintain the pathways in your brain that let you learn, concentrate and create new memories.
- Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism immune function, mood, and disease resistance.
- Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity.





Sleep Impacts

Sleep readiness is the ability to recognize and implement sleep principles to support optimal brain function. Soldiers need 7-9 hours of sleep per day to maximize health and sustain performance.





Sleep Impacts

➤ SLEEP IMPACTS:

- **MILITARY PERFORMANCE:** Sleeping 7-9 hours per night is essential to optimally perform complex decision-making.
- **ACCIDENTS:** Sleep loss degrades attention and vigilance which increases risk for accidents.
- **INJURIES:** Athletes who sleep less than 8 hours per night are twice as likely to sustain injuries that season.



➤ Soldiers are tactical athletes who face similar physical demands as other sport athletes.

- **IMMUNE SYSTEM:** Sleeping less than 7 hours per night increases likelihood of catching a common cold by 32%.
- **RELATIONSHIPS:** Sleep loss can make it harder to understand others and accurately interpret emotions.
- **TESTOSTERONE:** Healthy males have a decrease in testosterone levels following days of reduced sleep.





Sleep Principles

Sleep duration is paramount because the health and functioning of the brain is primarily a direct function of the amount of sleep obtained—the more sleep obtained the better.

- **Sleep Duration**-Most Soldiers need 7-9 hours of sleep every 24 hours to maximize health and sustain performance.
- **Sleep Timing**- Keep on a consistent sleep schedule.
- **Sleep Continuity**-Continuous and uninterrupted sleep throughout the night.





How do you adapt to get enough sleep

Sleep issues bedeviling Soldiers' health

- Soldiers, from the 509th Parachute Infantry Regiment, are shown during a 19-hour flight from Alaska to Australia trying to get some sleep on the floor and seats of a Royal Australian Air Force C-17 Globemaster, July 8, 2015, during Exercise Talisman Sabre 15. Soldiers, who are deployed, average just three hours of sleep a night, said Lt. Col. Kate E. Van Arman, medical director, Traumatic Brain Injury Clinic on Fort Drum, N.Y.





How Much Sleep is Enough

- Mission, situational, and operational tempo may prompt Soldiers and leaders to ask “what is the minimum amount of sleep needed to maintain military effectiveness?”
- There is no clear threshold amount of sleep below which effectiveness is compromised and above which effectiveness is sustained. The relationship between sleep duration and cognitive readiness (and thus, military effectiveness) is best thought of as away, the question becomes: “How can the amount of sleep obtained by Soldiers be maximized, given the constraints imposed by the current mission?”





Promoting Healthy Sleep

Good sleep is essential for optimal performance and readiness. Factors to consider when optimizing the sleep principles we discussed are your sleep environment, your pre-sleep routine, and a sleep schedule that matches your actual routine and your brain's natural circadian rhythms.



- **SLEEP ENVIRONMENT**-Ensure your sleep area is clean, cool, dark, and quiet.
- **PRE-SLEEP ROUTINE**-Make a routine that promotes winding down before sleep. Avoid stress, blue screen, tobacco, alcohol and activities that delay sleep onset.
- **SLEEP SCHEDULE**-Strive to keep a consistent schedule with waking and sleeping at the same times every day.



Sleep Cycles

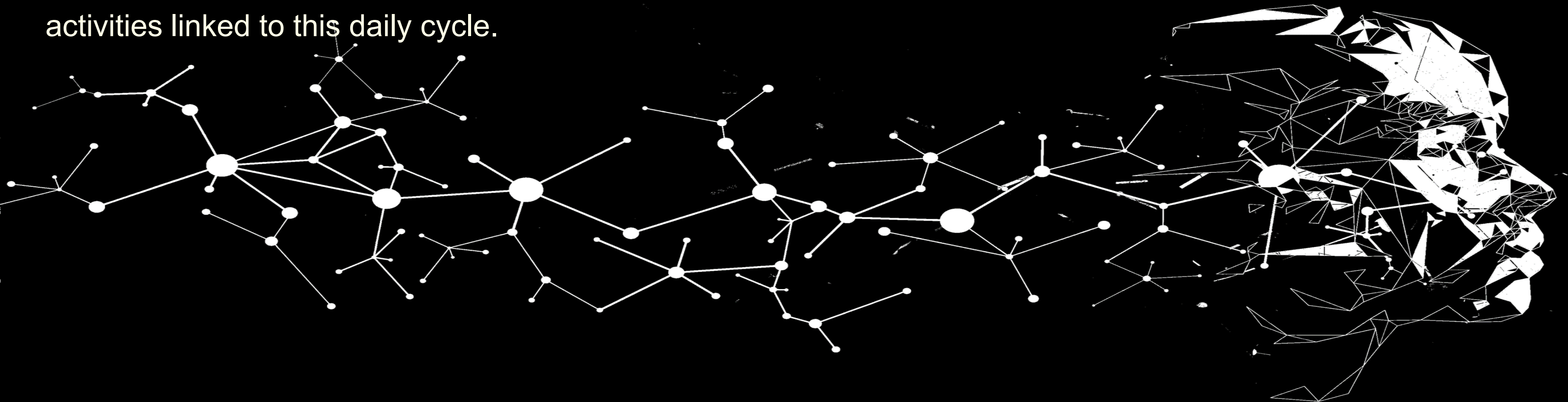
- **Two basic types of sleep: Rapid eye movement (REM) sleep and non-REM sleep (which has three different stages).**
- **You cycle through all stages of non-REM and REM sleep several times during a night.**
- **Stage 1 non-REM- sleep is the changeover from wakefulness to sleep.**
- **Stage 2 non-REM- sleep is a period of light sleep before you enter deeper sleep.**
- **Stage 3 non-REM- sleep is the period of deep sleep that you need to feel refreshed in the morning.**





What are Circadian Rhythms

- Circadian rhythms are physical, mental, and behavioral changes that follow a 24-hour cycle. Literally translated, from the word circa, or “around” and dia- from “day or 24 hours”.
- Circadian rhythms respond primarily to light and dark and are important in determining the sleeping and feeding patterns of all animals, including human beings.
- There are clear patterns of brain wave activity, hormone production, cell regeneration and other biological activities linked to this daily cycle.





Check on Learning



Q. What is Sleep Readiness?



A. Sleep readiness is the ability to recognize and implement the requisite sleep principles and behaviors to support optimal brain function.



Q. What are the three Sleep Principles?



A. Sleep Duration, Sleep Timing, and Sleep Continuity



Q. How do you promote healthy sleep?



A. You can promote healthy sleep by improving your sleep environment, making a solid pre-sleep routine, and using a sleep schedule.



Summary

In this lesson we covered:

- The H2F Doctrine
- The importance of sleep
- Sleep Readiness Principles
- Sleep Banking
- How to improve Your Sleep
- See the FM 7-22 for more detailed information to better understand Sleep Readiness.





Questions?