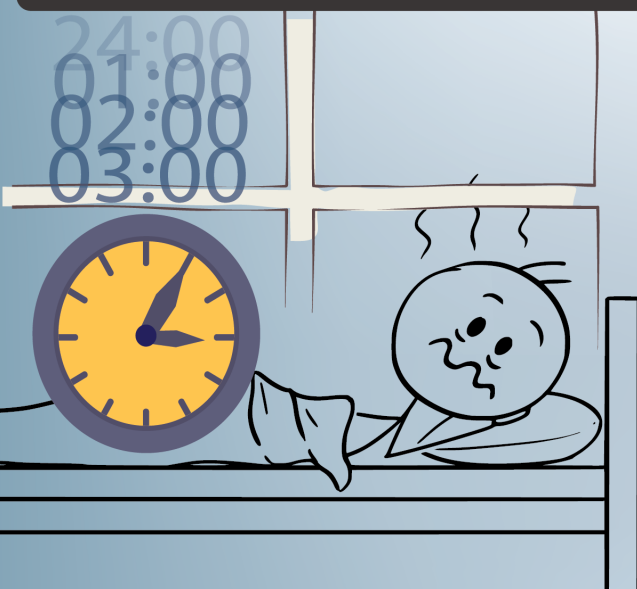


CHRONIC SLEEP DEPRIVATION



2/3 of adults are chronically sleep deprived and get less than the recommended 7-8 hours of sleep per night.



Sleep is a biological necessity!
Lack of sleep affects your:

- Ability to judge the quality of your physical & mental performance
- Ability to learn & make memories
- Emotional & mental stability
- Immune system
- Overall quality & length of life

So how can you improve your sleep?

Increase your quality and quantity of sleep through:

- Be consistent (stick to a standard “shut down”/“wake up” routine)
- Eliminate non-essential tasks before bed
- Limit caffeine and alcohol intake
- Keep your room dark, cool and quiet

Just one hour more of deep, restful sleep per night can have an immediate impact on your performance and well-being.



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience

