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Sleep Hygiene Assessment

It is important to understand your sleep habits and environment to help make adjustments that can improve your sleep quality. Please answer all the questions below that apply to you.

My bedroom is	Comfortable	Noisy	Too warm	Too cold
	Bright	Dark	Pitch black	
My pets sleep on my bed.	Every night	Some nights	Only on off days	Never
I watch TV in bed prior to falling asleep.	Every night	Some nights	Only on off days	Never
I prioritize my to-do list over getting enough sleep.	Every night	Some nights	Only on off days	Never
I work or study in bed.	Every night	Some nights	Only on off days	Never
I drink alcohol prior to bedtime.	Every night	Some nights	Only on off days	Never
I use tobacco prior to bedtime or if I wake up during the night.	Every night	Some nights	Only on off days	Never
I go to bed hungry.	Every night	Some nights	Only on off days	Never
I wake up often and have trouble falling back asleep.	Every night	Some nights	Only on off days	Never
I have the same bedtime routine.	Every night	Some nights	Only on off days	Never
It takes over 30 minutes for me to fall asleep.	Every night	Some nights	Only on off days	Never

Adapted from "IBHC Improving Sleep through Behavior Change"

In order to better understand your sleep issues and to assess your progress during the next few weeks, it is a good idea to collect some information about your sleep habits.

- Before you go to sleep at night, please answer Questions 1 - 6.
- After you get up in the morning, please answer the remaining questions, Questions 7 - 13.

It is very important that you complete the log every evening and morning. Please don't attempt to complete the log later.

It's often difficult to estimate how long you take to fall asleep or how long you're awake at night. Keep in mind that your best estimate is sufficient.

If any unusual events occur on a given night (e.g., emergencies, phone calls) please make a note of it on the log (at the bottom of the sheet).

Below are some guidelines to help you complete the Sleep Log.

1. **Napping:** Please include all times you slept during the day, even if you didn't intend to fall asleep. For example, if you fell asleep for 10 minutes during a movie, please write this down. Remember to specify a.m. or p.m., or use military time.
2. **Sleep Medication:** Include both prescribed and over-the-counter medications. Only include medications used as a sleep aid.
3. **Alcohol as a sleep aid:** Only include alcohol that you used as a sleep aid.
4. **Bedtime:** This is the time you physically got into bed, with the intention of going to sleep. For example, if you went to bed at 10:45 p.m. but turned the lights off to go to sleep at 11:15 p.m., write down 10:45 p.m.
5. **Lights-Out Time:** This is the time you actually turned the lights out to go to sleep.
6. **Time Planned to Awaken:** This is the time you plan to get up the following morning.
7. **Sleep-Onset Latency:** Provide your best estimate of how long it took you to fall asleep after you turned the lights off to go to sleep.
8. **Number of Awakenings:** This is the number of times you remember waking up during the night.
9. **Duration of Awakenings:** Please estimate how many minutes you spent awake for each awakening. You may have to estimate the number of minutes you spent awake for all awakenings combined. Don't include your very last awakening in the morning, as this will be logged in number 10.
10. **Morning Awakening:** This is the very last time you woke up in the morning. If you woke up at 4:00 a.m. and never went back to sleep, this is the time you write down. However, if you woke up at 4:00 a.m. but went back to sleep for a brief time (for example, from 5:00 a.m. to 5:15 a.m.), then your last awakening would be 5:15 a.m.
11. **Out-of-Bed Time:** This is the time you actually got out of bed for the day.
12. **Restedness upon Arising:** Rate your restedness using the scale on the log sheet.
13. **Sleep Quality:** Rate the quality of your sleep using the scale on the log sheet.



Sleep Log

Name: _____

Week: _____ to _____
 (Beginning date) (Ending date)

Example
 ↓
 Mon.

Fill in the Day of the Week above each column

1. I napped from ____ to ____ (note times of all naps).	2:00 to 2:45 pm							
2. I took ____ mg of sleep medication as a sleep aid.	ProSom 1 mg							
3. I took ____ oz. of alcohol as a sleep aid.	Beer 12 oz.							
4. I went to bed at ____ o'clock.	10:30							
5. I turned the lights out at ____ o'clock.	11:15							
6. I plan to awaken at ____ o'clock.	6:15							
7. After turning the lights out, I fell asleep in ____ minutes.	45							
8. My sleep was interrupted ____ times (specify number of nighttime awakenings).	3							
9. My sleep was interrupted for ____ minutes (specify duration of each awakening).	20 30 15							
10. I woke up at ____ o'clock (note time of last awakening).	6:15							
11. I got out of bed at ____ o'clock (specify the time).	6:40							
12. When I got up this morning I felt ____ . (1 = Exhausted, 2 = Tired, 3 = Average, 4 = Rather Refreshed, 5 = Very Refreshed)	2							
13. Overall, my sleep last night was ____ . (1 = Very Restless, 2 = Restless, 3 = Average, 4 = Sound, 5 = Very Sound)	1							



Sleep Log

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Week: _____ to _____
 (Beginning date) (Ending date)

Example
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TACTICAL NAPPING

TACTICAL NAPS ARE BRIEF PERIODS OF SLEEP THAT RESTORE AND SUSTAIN WARFIGHTER READINESS AND PERFORMANCE

THE MORE SLEEP YOU GET, THE BETTER YOU WILL PERFORM PHYSICALLY, COGNITIVELY, AND EMOTIONALLY.

IN GARRISON

MAINTAIN HEALTHY SLEEP PATTERNS



Naps can help achieve the goal of 7+ hours of sleep every 24 hours that is necessary for maximal health and performance

FOR SUSTAINED OPERATIONS

BEFORE



Sleep banking, or taking a nap before a period of unavoidable sleep loss, can help sustain performance during that sleep loss

DURING

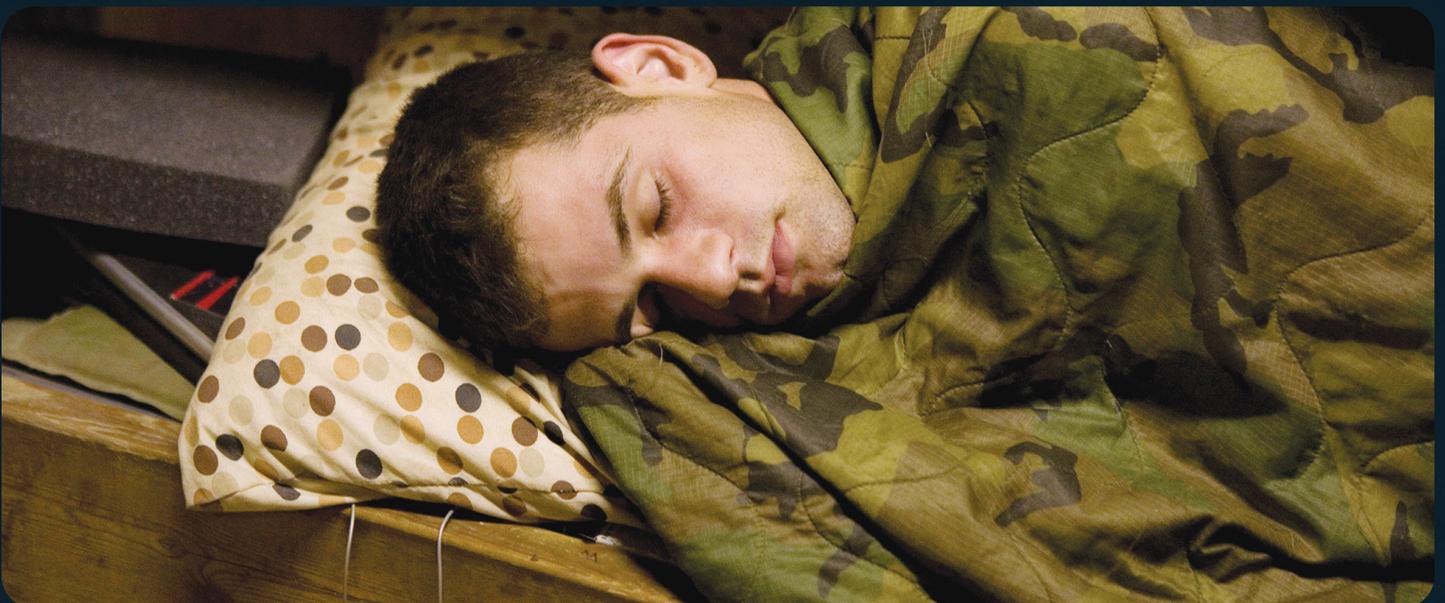


When feasible, napping during continuous or extended operations will help sustain and restore performance

AFTER



Performance decrements from sleep loss can only be reversed by subsequent recovery sleep



TIPS FOR MAXIMIZING TACTICAL NAPPING IN THE OPERATIONAL ENVIRONMENT

CONSIDER THE SLEEPING ENVIRONMENT



- A disruptive sleeping environment can increase awakenings and prevent deep, restorative sleep.
- Try to nap in an environment that is dark, quiet, cool, with good air quality, and with a comfortable sleeping surface.
- DO NOT ATTEMPT TO NAP IN FRONT OF, BEHIND, OR UNDERNEATH TRUCKS OR VEHICLES.

TAKE A CAFFEINE NAP (CAFF NAP/NAPPUCCINO)



- Because the alerting effects of caffeine in coffee or energy drinks can take ~15-20 minutes to kick in, ingesting caffeine immediately before a short nap can result in awakening in about 20 minutes feeling refreshed and alert.
- During sustained or extended operations, if an opportunity for a short nap arises, caffeine naps may reduce post-awakening grogginess and disorientation (“sleep inertia”).

AVOID THE NAP DANGER ZONE



- Avoid napping too close to bedtime, as this may interfere with nighttime sleep.
- If naps are consistently impacting nighttime sleep, consider taking shorter, earlier, and/or fewer naps.

MINIMIZE SLEEP INERTIA (THAT GROGGY FEELING AFTER A NAP)



- Sleep inertia severely impacts alertness and performance.
- If possible, wait 10-20 minutes after awakening before engaging in critical cognitive tasks.
- If a 10-20 minute delay is not possible, caffeine chewing gum* can reduce sleep inertia in about 5 minutes (quicker than coffee or energy drinks).



*DID YOU KNOW?



Military Energy Gum, developed at WRAIR, comes as part of “extra rations” that can be ordered for your unit!

amazon-militaryenergygum.com

- Walter Reed Army Institute of Research is currently working on developing and testing strategies to maximize the effectiveness of napping in the operational environment.
- Comprehensive sleep and nap information is detailed in Army FM 7-22.
- Detailed information on the sleeping environment: Mantua, J., et al. (2019), *Military medicine*, 184(7-8), e259-e266.
- Validation of caffeine gum: Kamimori, G. H., et al. (2002). *International journal of pharmaceuticals*, 234(1-2), 159-167.

The Do's and Don'ts of Good Sleep Hygiene



DO:

- Go to bed and wake up and get out of bed at the same time each day.
- Get regular exercise each day. Regular exercise improves restful sleep.
- Spend time in the sun or bright lights, especially in the morning.
- Keep the temperature in your bedroom comfortable.
- Keep your bedroom quiet when sleeping.
- Keep your bedroom dark enough that you can fall asleep.
- Use your bed for only sleep and intimacy.
- Take a warm bath or shower before bed.
- Keep your feet and hands warm. Wear warm socks and gloves to bed if needed.
- Go to a different part of the house and engage in a quiet activity if you find yourself lying awake for more than 30 minutes. Return to bed when you feel sleepy. Repeat this until you fall asleep.



DON'T:

- Exercise or engage in stimulating activity right before going to bed.
- Expose yourself to bright lights or screens before bed.
- Have caffeine six hours before bed. Caffeine can stay in your body for more than 24 hours, so even a morning coffee may cause trouble sleeping.
- Read, watch TV or use electronic devices in bed.
- Use alcohol to help you sleep. Alcohol before bed causes disturbances later in the night.
- Go to bed too hungry, as this can cause insomnia, or too full, as this can cause acid reflux.
- Drink too much water before bed, so you don't wake up often to use the bathroom.
- Take unprescribed, over-the-counter sleeping pills. Diphenhydramine, an ingredient commonly found in over-the-counter sleep medicine, can cause morning grogginess and occasionally sleep walking, a common reason for administrative separation from service.
- Take naps if you have problems falling or staying asleep at bedtime.
- Try to force yourself to go to sleep. This can cause performance anxiety and lead to further wakefulness.
- Frequently look at your watch or alarm clock.

For more information and tips on sleep visit the P3 website:
<https://p3.amedd.army.mil/performance-learning-center/sleep>



Healthy Sleep Habits Summary

Adapted from "IBHC Improving Sleep through Behavior Change"

Stimulus Control

Go to bed only when you are sleepy.

There is no reason to go to bed if you are not sleepy. When you go to bed too early, it only gives you more time to become frustrated. Individuals often think about the events of the day, plan the next day's schedule, or worry about their inability to fall to sleep. These behaviors are incompatible with sleep, and tend to perpetuate sleep difficulties. Delay your bedtime until you are sleepy. This may mean that you go to bed later than your scheduled bedtime. Remember to stick to your scheduled wakeup time regardless of the time you go to bed.

Get out of bed when you can't fall asleep and return to bed only when you are sleepy.

Remember, the goal is for you to fall to sleep quickly. Return to bed only when you are sleepy. When you feel sleepy (i.e., yawning, head bobbing, eyes closing, concentration decreasing), then return to bed. The object is for you to reconnect your bed with sleeping rather than frustration.

Use the bed or bedroom for sleep and intimacy only; do not watch TV, listen to the radio, eat, or read in your bedroom.

The purpose of this guideline is to associate your bedroom with sleep rather than wakefulness. Just as you may associate the kitchen with hunger, this guideline will help you associate sleep with your bedroom. Follow this rule both during the day and at night. You may decide to temporarily move the TV or radio from your bedroom.

Sleep Hygiene Guidelines

Caffeine: Avoid Caffeine 6-8 Hours before Bedtime

Caffeine disturbs sleep, even in people who do not think they experience a stimulation effect. Individuals with insomnia are often more sensitive to mild stimulants than are normal sleepers. Caffeine is found in items such as coffee, tea, soda, chocolate, and many over-the-counter medications (e.g., Excedrin).

Nicotine: Avoid Nicotine before Bedtime

Although some smokers claim that smoking helps them relax, nicotine is a stimulant. The initial relaxing effects occur with the initial entry of the nicotine, but as the nicotine builds in the system it produces an effect similar to caffeine. Thus, smoking, dipping, or chewing tobacco should be avoided near bedtime and during the night. Unfortunately, nicotine withdrawal also causes sleep disturbances.... not an easy situation.

Obtain Regular Exercise

Get regular exercise, preferably 40 minutes each day of an activity that causes sweating. . Exercise in the late afternoon or early evening seems to aid sleep, although the positive effect often takes several weeks to become noticeable. Exercising sporadically is not likely to improve sleep, and exercise within 2 hours of bedtime may elevate nervous system activity and interfere with sleep onset.

Adjust Bedroom Environment: Moderate Temperature, Quiet, and Dark

Extremes of heat or cold can disrupt sleep. A quiet environment is more sleep promoting than a noisy one. Noises can be masked with background white noise (such as the noise of a fan) or with earplugs. Bedrooms may be darkened with black-out shades or sleep masks can be worn. Position clocks out-of-sight since clock-watching can increase worry about the effects of lack of sleep.

Nap Wisely

Napping can be a good way to make up for poor/reduced nighttime sleep, but naps can cause problems falling asleep or staying asleep at night- especially if those naps are longer than 1 hour and/or if they are taken late in the day. If you need to nap, take short (30-45 minute) nap in the late morning or early afternoon.

Establish Soothing Pre-Sleep Routine

Allow yourself at least an hour before bedtime to unwind. The brain is not a light switch that you can instantly turn on and off. Most of us cannot expect to go full speed until 10:00 pm then fall peacefully to sleep at 10:30 pm. Take a hot bath, read a novel or have a pleasant talk with your spouse or kids. Find what works for you. Avoid stressful, stimulating activities – for example, doing work, discussing emotional issues.

Maintain a consistent, sleep routine that starts with a fixed wake-up time

Start by setting a fixed time to wake up, get out of bed and get exposure to light each day. Pick a time that you can maintain during the week AND on the weekends. Then adjust your bedtime so that you target 7-8 hours of sleep. This habit is especially critical for individuals experiencing sleep problems. Regular waking time is **EXTREMELY** Important.