

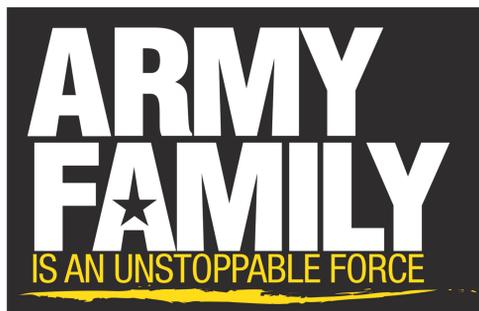


GET ENOUGH SLEEP... TAKE CHARGE OF YOUR DAY

- ➔ Sleep is critical for mental performance. Gain the competitive edge by getting sufficient sleep.
- ➔ You need 7 – 8 hours of sleep every night.
- ➔ Make the bedroom a sleep haven. Remove TVs, phones, and electronics. Keep it dark, quiet, and comfortable.

Performance TRIAD

*Make Sleep
a Priority*



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION AT
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