

Performance TRIAD Plan for Sleep

Zz



LOSS OF SLEEP = LOSS OF PERFORMANCE

➔ Disciplined sleep equals survivability.

➔ Get 7-8 hours of sleep each day.

➔ The longer a Soldier goes without sleep, the greater the risk of committing mission-critical errors due to impaired judgement, decision making, and concentration.

Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME



U.S. ARMY

SLEEP WELL, BE ALERT, AND GET FOCUSED.

LEARN MORE ABOUT THE PERFORMANCE TRIAD:

SLEEP, ACTIVITY, AND NUTRITION AT ARMYMEDICINE.MIL