



SLEEP 8 TO REJUVENATE

- ➔ Quality sleep reduces the risk of chronic conditions such as obesity, heart disease, and diabetes.
- ➔ You need 7 – 8 hours of quality sleep every night to be at your best.
- ➔ Creating and maintaining a consistent bedtime and wake time routine can help you overcome sleep problems.
- ➔ Talk to your healthcare provider if you are having trouble getting regular sleep.

Performance TRIAD



Make Sleep a Priority



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