

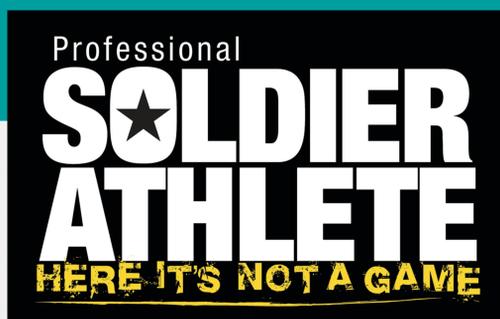


Performance TRIAD  
Plan for Sleep



# SLEEP 8 TO BE GREAT

- ➔ Sleeping is vital for health, optimal performance and well-being—and the better the sleep, the greater its benefits.
- ➔ Get 7-8 hours of sleep each day.
- ➔ Get enough sleep and you will have more energy to exercise.



**SLEEP WELL, BE ALERT, AND GET FOCUSED.**

LEARN MORE ABOUT THE PERFORMANCE TRIAD:

**SLEEP**, **ACTIVITY**, AND **NUTRITION** AT [ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)