



# KNOW HOW TO GET QUALITY SLEEP

- ➔ Sleep is the MOST critical behavior to achieve physical, mental, and emotional health.
- ➔ You need 7–8 hours of sleep every night.
- ➔ Learn how to create healthy sleep habits that will leave you feeling refreshed at the start of your day.

*Performance TRIAD*  
*Make Sleep  
a Priority*



LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY, AND NUTRITION  
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

