



# 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*

Zz



U.S.ARMY

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

