



# 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

Zz



U.S. ARMY

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

