



LOSS OF SLEEP = LOSS OF PERFORMANCE

- ➔ Disciplined sleep equals survivability.
- ➔ Get 7-8 hours of sleep each day.
- ➔ The longer a Soldier goes without sleep, the greater the risk of committing mission-critical errors due to impaired judgement, decision making, and concentration.

Performance TRIAD
Plan for Sleep

Zz



U.S.ARMY

SLEEP WELL, BE ALERT, AND GET FOCUSED.

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

Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME

