

## **“SLEEP ISSUES”**

### **(#1 of 4 – The Basics)**

*This is such an important aspect of life that it determines how we organize/function the rest of our lives. It influences the way in which we schedule or work and leisure activities. It has a great impact on how we design our homes. So why sleep? Sleep provides wakefulness, and alertness needed to be responsible. It is the one third of our life that makes the other two-thirds possible.*

### **1. HINDERANCES TO SLEEP**

anxiety, guilt, fear, wealth, grief and sadness, illness or disease, alcohol, drug use, smoking, caffeine, light, noise

### **2. BENEFITS TO QUALITY SLEEP**

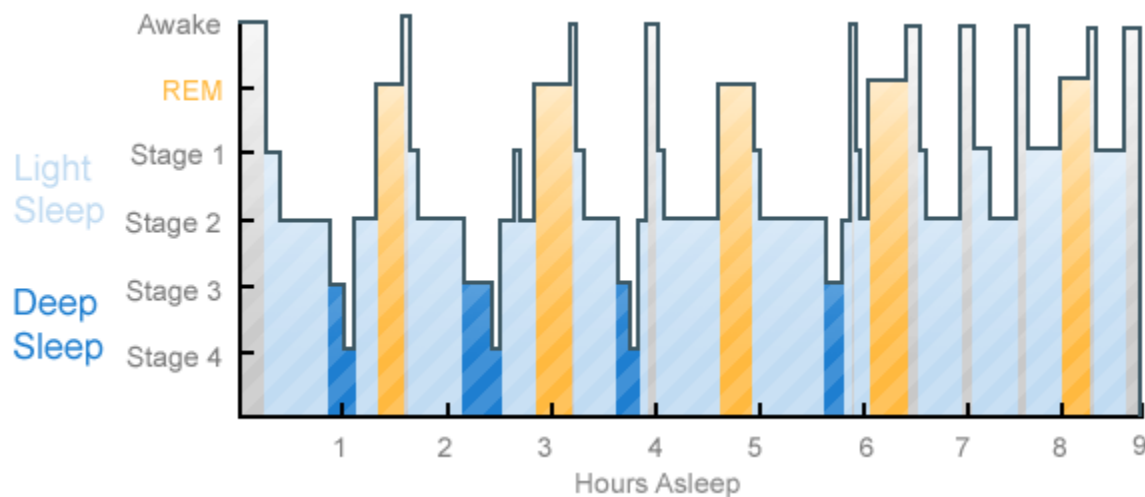
Focus/concentration, trust, peak performance, attitude, motivation, strength, peace of mind, muscle rebuilding

### **3. CONSEQUENCES TO POOR SLEEP**

Fatigue, illness, poor performance, muscle weakness, difficulty with concentration/focus (forgetfulness), mental disturbances (hallucinations), discomfort, poor mood (anger, irritability, depression), relationship turmoil.

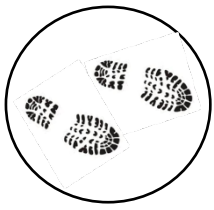
### **4. STAGES OF SLEEP**

The body will generally cycle through the stages of sleep every 90 minutes. 3-5 cycles is understood to be adequate sleep. It DOES NOT automatically equal 8 hours. There are four basic stages to the sleep architecture. Onset and Rapid Eye Movement (REM) are stage 1. Stage 2 is transitional or light sleep. Stage 3 and 4 are deep sleep or slow wave sleep (SWS). Dreaming generally occurs during REM. If awoken during SWS you may feel groggy or disoriented.



Return Strong

For more info about this topic or to speak with a professional, contact your Tricare Appt Line. You can also access more information/resources at: [Deployment Transition Center Website](#)



## **“SLEEP ISSUES”**

### **(#2 of 4 – The Basics)**

*It usually takes 2-3 months for a sleep problem to get totally better, but most people see improvements within 2-3 weeks if they consistently follow the guidelines. The purpose of the guideline is to assist you with associating sleep with the bed. Try to avoid using your bed or sleeping quarters for anything other than sleeping.*

#### **1. CAFFEINE:** Avoid Caffeine 4 - 6 Hours Before Bedtime

Caffeine disturbs sleep, even in people who do not subjectively experience such an effect. Individuals with insomnia are often more sensitive to mild stimulants than are normal sleepers. Caffeine is found in items such as coffee, tea, soda, chocolate, and many over-the-counter medications (e.g., Excedrin).

#### **2. NICOTINE:** Avoid Nicotine Before Bedtime

Although some smokers claim that smoking helps them relax, nicotine is a stimulant. Thus, smoking, dipping, or chewing tobacco should be avoided near bedtime and during the night.

#### **3. ALCOHOL:** Avoid Alcohol After Dinner

A small amount of alcohol often promotes the onset of sleep, but as alcohol is metabolized sleep becomes disturbed and fragmented. Thus, alcohol is a poor sleep aid.

#### **4. EXERCISE/HOT SHOWER:** Avoid Vigorous Exercise Within 2 Hours of Bedtime

Regular exercise in the late afternoon or early evening seems to aid sleep, although the positive effect often takes several weeks to become noticeable. However, exercise within 2 hours of bedtime may elevate nervous system activity and interfere with sleep onset. Spending 20 minutes in a tub of hot water an hour or two prior to bedtime may also promote sleep.

#### **5. NAPPING:** Avoid Daytime Napping

Many individuals with insomnia “pay” for daytime naps with more sleeplessness at night. Thus, it is best to avoid daytime napping. If you do nap, be sure to schedule naps before 3:00pm.

#### **6. BEDROOM ENVIRONMENT:** Moderate Temperature, Quiet, and Dark

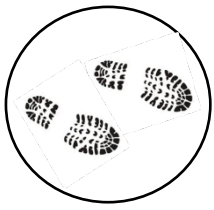
Extremes of heat or cold can disrupt sleep. A quiet environment is more sleep promoting than a noisy one. Noises can be masked with background white noise, such as the noise of a fan. Consider earplugs too. Bedrooms may be darkened with black-out shades or sleep masks can be worn. Position clocks out-of-sight since clock-watching can increase anxiety about lack of sleep.

#### **7. EATING:** A Light Snack at Bedtime May be Sleep Promoting

A light bedtime snack, such as a glass of warm milk, cheese, or a bowl of cereal can promote sleep. You should avoid the following foods at bedtime: any caffeinated foods (e.g., chocolate), peanuts, beans, most raw fruits and vegetables (since they may cause gas), and high-fat foods such as potato or corn chips. Avoid snacks in the middle of the night since awakening may become conditioned to hunger.

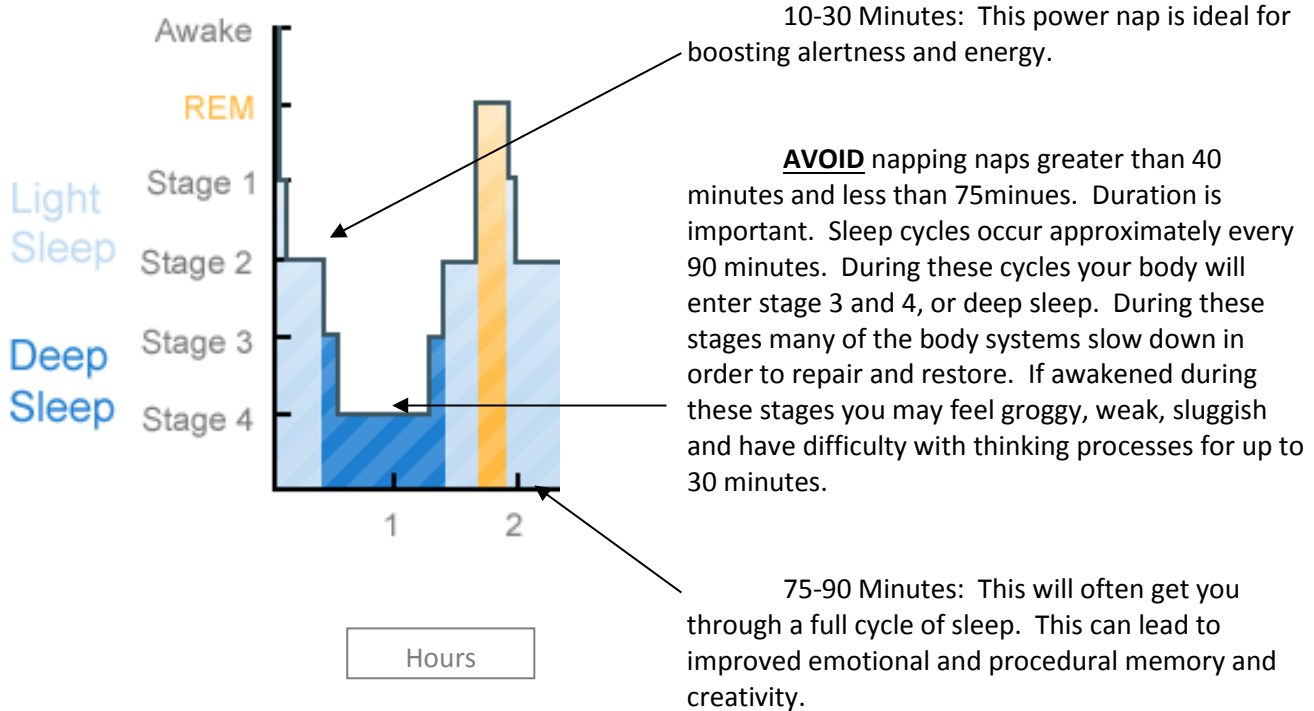
→ **Return Strong** →

For more info about this topic or to speak with a professional, contact your Tricare Appt Line. You can also access more information/resources at: [Deployment Transition Center Website](#)



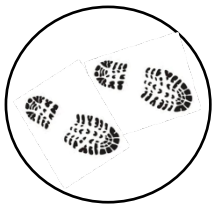
## “SLEEP ISSUES” (#3 of 4 – Tactical Napping)

Sometimes referred to as the “power nap,” tactical napping is used to supplement normal sleep. Napping is no substitute for regular nighttime sleeping, but when used appropriately, it can: boost energy, assist with focus, improve alertness, aid in memory and maintenance of physical coordination .



Return Strong

For more info about this topic or to speak with a professional, contact your Tricare Appt Line. You can also access more information/resources at: [Deployment Transition Center Website](#)



## **“SLEEP ISSUES”**

### **(#4 of 4 – Sleep Restriction)**

*Sleep restriction involves restricting the amount of time you spend in bed to the amount of time that you currently spend asleep.*

### **1. WHY WOULD THIS BE HELPFUL?**

Research has demonstrated that sleep restriction is the most powerful technique for improving sleep. Although it can be a bit of an adjustment at first, most people find that it is not much worse than their current difficulties with sleep. In general, most people notice that their sleep improves considerably within just a few weeks. Sleep restriction initially produces a mild state of sleep deprivation, which, after only a few weeks, helps people fall asleep faster, stay asleep longer and improve their overall quality of sleep.

### **2. HOW DO I DO IT?**

Example: Your usual bedtime is 10:00 PM and you get out of bed in the morning at 6:00 AM. With this routine there is an 8-hour period during which you are in bed trying to sleep.

However, if it takes you 1 hour to fall asleep and you wake-up for 30 minutes during the middle of the night and 30 minutes before you get out of bed. So you spend a total of 6 hours sleeping and 2 hours awake.

Your sleep efficiency (the percent of time you are actually asleep during the time period you are trying to sleep) is 75%.

Sleep Restriction in this case would mean decreasing the amount of time in bed (8 hours) to the estimated time actually spent sleeping (6 hours).

In this example you would adjust either your bed-time or the time you get up in the morning so that the maximum amount of time you spend in bed is 6 hours. With this example you could go to bed at 12:00 (midnight) and get up at 6:00 AM, or continue to go to bed at 10:00 PM and get up at 4:00 AM.

After sleep efficiency reaches 85% or greater, time in bed can be increased in 15-20 minute blocks. Time in bed each week is increased if 85% sleep efficiency or greater until sleep efficiency starts to fall below 80% then time in bed is decreased by 15-20 minute blocks. This process of increasing or decrease time in bed is done until sleep efficiency falls between 80-85% on a regular basis.

---

**Return Strong**

For more info about this topic or to speak with a professional, contact your Tricare Appt Line. You can also access more information/resources at: [Deployment Transition Center Website](#)