Service members get around 6.5 hours of sleep per 24 hours while deployed. *7-8 HOURS OF SLEEP PER NIGHT IS RECOMMENDED.*

**FIVE TIPS TO MAXIMIZE YOUR SLEEP**

Maximize your sleep with these practical tips from the Real Warriors Campaign. These tips represent ways to help you sleep and are not a substitute for treatment.

- **LIMIT SCREEN TIME**
  Keep electronics including your smartphone, computer or a tablet away from your bedroom. The blue light can make it harder to fall or stay asleep.

- **KEEP A SLEEP SCHEDULE**
  Train your body to fall asleep naturally by setting a routine. Aim to wake up at the same time each day to help improve your sleep quality.

- **WATCH WHAT YOU CONSUME BEFORE BED**
  Caffeine, nicotine, alcohol, sugar and a late meal can keep you awake. Give your body at least three hours to digest your meal.

- **CREATE A SOOTHING SLEEP SPACE**
  Cool, dark and clean are key. Get rid of anything that might keep you awake. Try using earplugs or a sleep mask for better sleep.

- **NAP STRATEGICALLY**
  A nap in the late morning/early afternoon can help make up for reduced nighttime sleep. This can help to increase alertness and improve mood.

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**SEEK CARE**

If you are still having trouble with sleep after trying these tips above, take the first step and contact your primary care manager or internal behavioral health consultant to receive advice, assess symptoms, and talk through ways to address your concerns.

**WANT TO LEARN MORE?**

**Psychological Health Resource Center**
Contact the Psychological Health Resource Center anytime to get connected with helpful resources. Call 866-966-1020 or chat online at realwarriors.net/livechat for free and confidential support.

**Real Warriors Campaign**
Visit our website realwarriors.net for more support and access to key psychological health care resources through our “24/7 Resources” page.

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