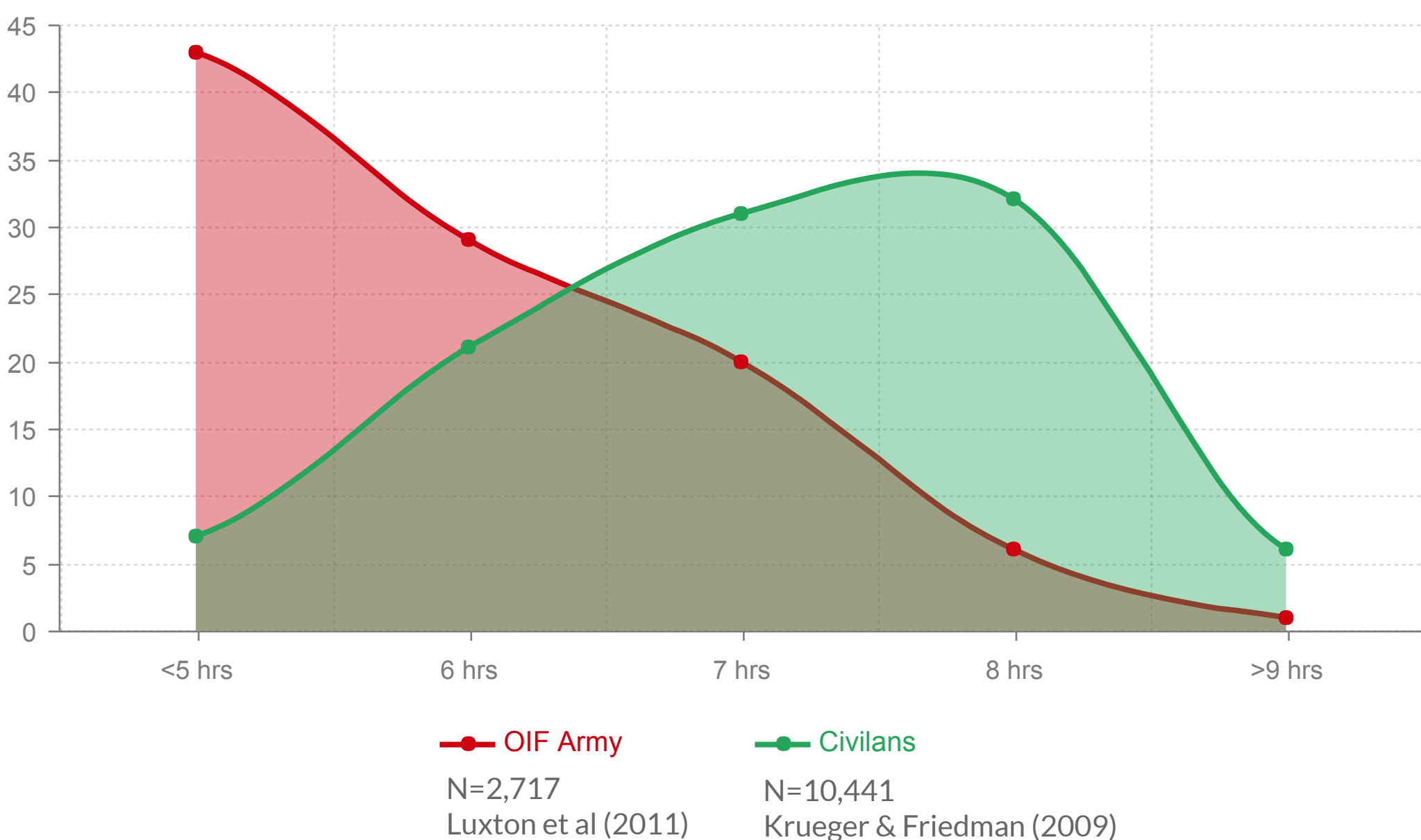


# ...Too Little Sleep

"More than half of the Soldiers who reported making a mistake or having an accident during this deployment attributed it to sleepiness."

Mental Health Advisory Team 9 (MHAT 9)

Hours of sleep per night reported by Army & civilian personnel  
(as a percentage)



## Sleeping six hours or less per night INCREASES RISK FOR:

Obesity by



21%

Stroke by



22%

Diabetes by



25%

Coronary heart disease by



35%



## Adapt! Overcome! Improvise!

"Traditionally, Active Duty Members have been encouraged that they can adapt to insufficient sleep just as the body adapts to physical training, but there is a substantial body of scientific literature which argues that this is not possible."

-Williams et al (2014)

### Additional Resources:

Take a look around the CDP portal for other sleep-related tools. And check out the National Science Foundation's info on "sleep expectations."



CDP Sleep Portal



NSF sleep expectations link here



RAND Research Brief: Sleep Problems and Their Impact on U.S. Servicemembers

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