

Sleeping in Crisis Situations: A Survival Guide

Some sleep tips work fine in settings in which you have control of your schedule and environment. But you may face a time where that is not realistic, when you are in a crisis and operating in survival mode. These tips were developed to help you survive and get through this time.

Sleep When You Can



Below 7-8 Hours impaired alertness, focus, ability to handle stress



Try to get as close to 8 hours as you can. It's ok to break sleep into chunk



When possible, "bank" up to 10 hours of sleep in one period



Sleep when it is dark



Sleep as consistently as possible. Try to aim for overlap in your sleep schedule from day to day

Getting Through the Day



Seek out as much natural light exposure as possible



Caffeine spaced every 4-6 hours can help



Large doses of caffeine counterproductive, your body gets used to it



Use 200 mg as a limit - a cup coffee, small energy drink, 2 cups of tea

Consider completing more mentally effortful tasks in the morning and physically effortful tasks in the afternoon/early evening



For additional resources :

<https://deploymentpsych.org/resources-for-providers-in-wartime>