



WII Sleep: Message for the Commanding Officer

The theme “Stop Sleep Sabotage” means addressing the various challenges wounded, ill, and injured service members (WII) are exposed to that relate to lack of sleep, which may have a negative impact on their physical and psychological recovery and quality of life.

Sleep is critical to core functions including healing, maintaining healthy weight, stabilizing mood, dealing with pain, and the ability to think clearly. Unfortunately, WII members are at risk of a vicious cycle where their wound, illness, or injury may cause them lack of sleep, which in turn may exacerbate their condition, and result in further sleep problems. This cycle can impede readiness, and potentially delay recovery, return to duty, or future life goals.

Fortunately, hope for stopping sleep sabotage lies in awareness of potential problems and common solutions, learning to set a sleep schedule and keep a log of sleep patterns, and encouragement to seek help from their doctor to determine the root causes and best treatment options.

What you can do:

- Promote the Stomp [Sleep Stoppers Checklist](#)
- Promote the [Schedule Your Shuteye Guide](#)
- Encourage WII members to make getting sleep a priority.
- Encourage WII members to seek help from a doctor if they suspect they are having sleep problems.