Sleep Habits

A lack of sleep leads to poor and impaired performance, mistakes and increased accidents.

Consider using the good sleep habits and countermeasures recommended by Dr. J Lynn Caldwell, Senior Research Psychologist, at the Navy Medical Research Unit at Dayton, Ohio.

Develop and follow a routine for going to bed and sleep.

Have a cool, quiet, dark and comfortable place to sleep.

Go to bed and get up at the same time every day. This approach helps with sleeping.

Avoid noise, eating too much or going to bed hungry. This disturbs your sleep.

Put away your worries and troubles before going to bed.

Exposure to light while in bed is powerful and keeps you alert and awake, rather than resting and sleeping.

Put your cell phone away and out of your reach while in bed.

Avoid technology before bedtime. Do not use a computer, tablet, text or play video games before going to sleep or in bed.

Watching the clock does not help with getting good rest and sleep.

Do not drink coffee, soda, energy drinks, eat chocolate or smoke/vape before going to bed as this stimulates you.

Ensure that you give yourself time after evening and night duty to rest, recover and sleep.

If you are not getting enough sleep, try adding 20 to 30 minutes each day to see if that helps you feel more rested and less fatigued.

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