



U.S. Air Force photo by Tech. Sgt. Denoris Mickle

WII Sleep: Stomp Sleep Stoppers

As a wounded, ill, or injured (WII) service member you need sleep. It is an active time of recovery that helps your mind and body heal and repair from today and prepare for tomorrow. However, your ability to sleep may be at risk. There are common sleep stoppers related to your diet, exercise, environment, and sleep routine. As a WII service member, diet and exercise may be at particular risk, as the physical and psychological impact and related side-effects of your wound, illness, or injury may affect your desire or ability to eat and be active. Other, more specific, sleep stoppers include nightmares, aches and pains, mood disorders, and other factors.

While discovering and treating the specific causes of your sleep problems may be difficult and require the help of a doctor, this worksheet encourages you to take action to address common sleep stoppers to build a foundation for good sleep.



Sleep Stoppers and Potential Solutions

Start by reviewing the four sleep stopper focus areas and their potential solutions. Select one focus area that you feel you are most able to take action on. Begin experimenting and trying out the potential solutions to see how they work for you. When you feel you have taken sufficient action, move to the next focus area. Make a decision and commit to working your way through the list and taking the necessary actions to address your sleep issues.

Sleep Stoppers	Potential Solutions
<input type="checkbox"/> Environment: too bright, noisy, etc.	<ul style="list-style-type: none"> • Make your sleeping quarters like a cave, keep it quiet, dark, and a little cool • Avoid using electronic devices to read or watch TV, talking on the phone, eating, etc. in bed • Commit to using your room for sleep and sex only
<input type="checkbox"/> Exercise: lack of activity.	<ul style="list-style-type: none"> • Consult with your doctor about starting an exercise regimen • Get active; perform 75 minutes of high intensity or 150 minutes of moderate intensity exercise per week • Avoid exercising within three hours of bedtime
<input type="checkbox"/> Diet: poor eating habits.	<ul style="list-style-type: none"> • Eat regularly and healthfully • Don't go to bed hungry • Cut out caffeine and alcohol, especially within six hours of bedtime • Avoid eating in bed
<input type="checkbox"/> Sleep routine: frequent or extended napping, sleeping less than 7-8 hours per night, busy schedule, etc.	<ul style="list-style-type: none"> • Set and commit to keeping a regular sleep schedule • Keep a sleep log and note any complications or disruptions that may be related to medication, pain, mood, etc. • If you must nap, keep them short; ensure they last no longer than 20 minutes. Nix napping close to your bedtime.

Table 1: Sleep Focus Areas and Potential Solutions ¹

Talk to your Doctor

Beyond targeting these common sleep stoppers, you may need to consult with your doctor, as the specific causes of your lack of sleep may be complex. When going to talk with your doctor, it may help to provide a recent snapshot of your sleep behaviors. Consider using the sleep log in the [Schedule Your Shuteye Guide](#) to help you track your sleep.



References

1 10 Top Tips For Tip-Top Sleep. *Naval Center Combat and Operational Stress Control*. Available . at:

<http://www.med.navy.mil/sites/nmcsd/nccosc/serviceMembersV2/stressManagement/10To pTipsForTipTopSleep/Pages/default.aspx>. Accessed July 07, 2014.