



Social Media Messages: WII Sleep

Below are 10 ready-to-use social media messages developed to use on Twitter, Facebook, and Plan of the Day/Week messages. Coordinate with your local POC for social media to use these in your communications channels. Generally, this will be through the Public Affairs Office.

Recommended Use:

- Select one message from the list below to send out each day during the wounded, ill, and injured focus week (for more information, refer to the [Promotional Kit Instructions](#)).
- The same messages can be posted on all three communications channels.
- Copy and paste the message to post on Facebook, Twitter, or Plan of the Day/Week or send to your social media POC for posting.

Note: Links to recommended pictures are also provided. However you may post without the picture, if you desire.

Twitter, Facebook, and Plan of the Day/Week Messages:

1. Get some Zs to help with your recovery. Lack of sleep may slow healing.
<<http://go.usa.gov/yQFJ>> #Sleep #Warrior
2. Make a date with your pillow; learn how to set your sleep schedule.
<<http://go.usa.gov/yQFJ>> #Sleep #Warrior
3. Cut the lights and say goodnight. Making your room dark can help create a good sleep environment. <<http://go.usa.gov/yQFJ>> #Sleep
4. Sleep yourself strong. Getting 8 hours of sleep helps your body repair from today and prepare for tomorrow. <<http://go.usa.gov/yQeV>>
5. Excessive sleepiness during the day can be a sign of poor sleep at night.
<<http://go.usa.gov/yQzW>> #Sleep #Warrior
6. Sometimes getting out of bed can help you get to sleep. Do something to help yourself relax then go back to bed.

Image link: <http://www.marines.mil/Photos.aspx?igphoto=2000792710>



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7. Thoughts keeping you awake? Put them to paper so you can put your head to your pillow. <<http://go.usa.gov/yQzR>>
8. Sleep away your blues. Getting quality sleep is one way to help fight depression. <<http://go.usa.gov/yQzW>> #Sleep #Warrior
9. Just one hour of sleep lost per night can lead to a sleep debt and affect daytime performance, thinking and mood. <<http://go.usa.gov/yQFJ>>
10. Long-term sleep loss will affect your health. Try using a sleep log for a few weeks to see where you stand.
Image link: <http://www.marines.mil/Photos.aspx?igphoto=172395>