



Sleep Yourself Strong

Give your brain (and mood) a boost

Whether you are recovering from a physical or psychological wound, injury, or illness, a rested brain will help keep you emotionally and mentally strong. Good sleep has been shown to lead to high levels of positive emotions, more creativity, better critical thinking skills, and improved vigilance; whereas poor sleep quality has been linked to more negative emotions (such as loneliness, anger, and grief) and less positive emotions. A lack of sleep can also harm memory, learning, the ability to process information, and make you more emotionally reactive, or moody.^{1,2}

Recover faster

Quality sleep can give you the strength you need to heal. For example, quality sleep speeds recovery from a traumatic brain injury, including decreasing post-traumatic headaches and improving response to rehabilitation.³ It also improves symptoms of depression and post-traumatic stress disorder.⁴⁻⁶ On the other hand, inadequate sleep can make symptoms such as pain, irritability, and social functioning worse.³ Poor sleep also harms the heart and blood vessels.⁷

Perform better

Sleep is necessary for optimal physical performance, whether you are participating in a sport, getting the most out of physical therapy, or keeping up with your kids. A good night's sleep can improve focus, reduce the risk of fatigue and low energy levels, and help recover from physical activity.⁷⁻⁹

Learn more

Quality sleep makes everyone stronger, but the strategies to get enough quality sleep may be different for everyone. If you are experiencing difficulty sleeping, talk to your healthcare provider about potential causes and treatment options that are specific to you and your situation. You can also visit the following websites for more information:

- The Navy and Marine Corps Public Health Center's [Sleep for WII page](#) contains information on the importance of sleep to recovery, as well as tips to help you sleep better.
- [Afterdeployment.org](#) offers a sleep assessment and provides recommendations based on your results. They also have resources to help you sleep, including a sleep guide, video stories, and a sleep workbook.
- [Human Performance Resource Center](#) provides strategies, mobile apps, assessments, and tools to help optimize sleep.



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