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.