



STRENGTHENING THE MARINE THROUGH SLEEP

A good night's rest is not optional; it's a critical factor in maximizing your performance, safeguarding your and your peers' well-being, and ensuring the success and safety of military operations.

WHAT IS A GOOD NIGHT'S SLEEP?

- You fall asleep easily
- You do not fully wake up during the night
- You do not wake up too early
- You feel refreshed in the morning

WHY DOES IT MATTER?

- **Physical Fitness:** Sleep helps the body recover from strenuous activities, reduces the risk of musculoskeletal injuries, and enhances the effectiveness of the immune system.
- **Mental Fitness:** Sleep enhances decision-making, reaction time, and information recall.
- **Social Fitness:** Sleep contributes to healthier relationships due to a greater ability to manage and respond to one's own emotions.
- **Spiritual Fitness:** Sleep contributes to self-control and the ability to resist temptations.

WANT TO KNOW MORE?

Reach out to your local installation WARR-Semper Fit Athlete Readiness and Resilience sleep coach who can provide:

- Sleep health education for units
- One-on-one sleep health coaching
- Awareness campaigns