

LEVEL UP YOUR PERFORMANCE WITH DEEP SLEEP

WHAT IS DEEP SLEEP?

- Deep sleep is the third of four stages of sleep, and it occurs multiple times during the night.
- Adults spend 20 percent of their night in deep sleep.

THE BENEFITS OF DEEP SLEEP

The body and brain are repaired and restored during this phase. Deep sleep also:

- Increases immune function.
- Increases ability to adapt and manage stress.
- Improves physical performance.
- Improves athletic performance.
- Improves executive function and memory leading to better test scores and grades.

FACTORS THAT IMPACT DEEP SLEEP

- Poor stress management.
- Shift work.
- Sleep apnea.
- Inactive lifestyle.

IMPROVING DEEP SLEEP

- Get at least 30 minutes per day of exercise.
- Develop a sleep schedule for each type of shift you work.
- Block out daylight with window coverings, or wear an eye mask.
- Try [deep breathing techniques](#).

DEEP SLEEP RESOURCES

Contact your local installation WARR-Semper Fit certified sleep health coach who provides:

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

