

WARFIGHTER FATIGUE MANAGEMENT DURING NOCTURNAL OPERATIONS



DAY OF THE FIRST MISSION NIGHT

MAXIMIZE PRE-MISSION SLEEP



Sleep until you wake up naturally, don't set an alarm



Avoid stimulants after the late morning



Nap in the afternoon/early evening



Exercise later in the day



Use caffeine closer to mission start time

SLEEP BANKING: Sleep banking, or getting as much extra sleep as possible in the nights leading up to your first mission night, has shown to help slow degraded mission performance when optimal sleep conditions are not possible.



DURING NOCTURNAL OPERATIONS

ENHANCE PERFORMANCE



Stay active



Short tactical naps, when possible, can boost performance



Caffeine immediately prior to a nap can boost performance



Eat and hydrate, avoid processed and sugary foods



Beware of unwanted side effects of stimulants



Double tap critical duties to avoid error and mitigate risk

CAFFEINE NAP: Drink one 8oz cup of coffee immediately prior to a 10-15 min nap to maximize the alerting effects of the nap.

END OF MISSION NIGHT & WAY HOME

PREPARE FOR SLEEP

ONCE HOME

FALL ASLEEP QUICKLY



Take only enough stimulants to complete duties



Limit bright light exposure, change to dark glasses/eye pro when possible



Use caution when operating a POV or military vehicles/machinery



Avoid nicotine, caffeine, screen time, exercise and exposure to bright light



Go to bed as soon as you can



DAYS BETWEEN MISSION NIGHTS

MAXIMIZE POST-MISSION NIGHT SLEEP



Sleep in a dark, cool, quiet space



Accumulate as much sleep as possible, even if fragmented



Encourage house mates to respect daytime sleep schedule



Upon waking, follow normal daily routine before next mission night. This includes drinking caffeine, eating, and exercising



RESETTING BACK TO DAYTIME OPERATIONS

RE-ESTABLISH NORMAL SLEEP PATTERNS



Take a 60-90 minute nap following completion of final mission night



Get bright light exposure during the day



Avoid naps, caffeine, bright light, screen time, and exercise close to normal bed time



Go to bed close to normal time