

Tactical Naps - Considerations

1. Sleep inertia

- temporary disorientation and decline in performance and/or mood after awakening from sleep

2. Timing

- napping within 4h of bedtime can interfere with normal sleep (if you are having trouble sleeping at night, don't nap)

3. Environment

- conducive to sleep (consider ear plugs, eye masks/blackout curtains)

4. Nappuccino

- nap in combination with caffeine to get both benefits

Tactical naps of 10-30 minutes can mitigate cognitive deficits of insufficient sleep.



Tactical Naps – Potential Benefits

1. To maintain healthy sleep duration and achieve the recommended 7+ hours of sleep per 24 hours that is necessary for maximal health and performance
2. To bank sleep before a period of unavoidable sleep loss (e.g., pre-mission) to help pay down sleep debt and sustain performance during that sleep loss
3. To grab whatever sleep possible during continuous or extended operations, where longer consolidated sleep is not possible, to help sustain or restore performance
4. To recover performance and alertness more quickly following sleep loss



TACTICAL NAPPING DECISION TREE

