

# Sleep

- The environmental cue that made us get enough sleep has gone away
- After 20 days of demanding, continuous physical activity:
  - 7 hours of sleep per day = 87% of peak efficiency
  - 6 hours of sleep per day = 50% of peak efficiency
  - 5 hours of sleep per day = 28% of peak efficiency
  - 4 hours of sleep per day = 15% of peak efficiency
  - 24 hours without sleep = legally drunk (.10)
- Lack of Sleep = key factor in stress casualties and PTSD  
= key factor in illness (destroys immune system)
- 30 minutes = minimum time for effective nap
- Sleep must be uninterrupted to be of value
- Sleep needs to be in the dark to be of maximum value
- Caffeine can provide temporary assistance in sleep deprivation, but the effect is greatly reduced if you have already established a tolerance to the drug
- Nicotine is of no value in dealing with sleep deprivation