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

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