



## Survival Sleeping

with Jeff Anderson for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### Sleep Is CRITICAL

A Walter Reed sleep study looked at artillery soldiers for 20 days and found that...

- Sleep affects decision-making and operational performance.
- If you get 7 hours of sleep a night, you are 82% effective. At 6 hours, you are 64% effective. At 5 hours, only 29%!
- Stress affects your sleep, and soldiers are under a LOT of stress. They don't get the right type of sleep due to many factors.
- My unit went for 5 days without sleep when I was in the 10th Mountain Division. There was a strong degradation of operational decision-making and effectiveness.
- Exhausted soldiers were willing to "give up" too quickly and made decisions that put people's lives in danger.
- In any survival situation, you too will be under stress, and your ability to make decisions and operate effectively is critical to keeping you and your family safe. That means you need to look at your sleep!
- These 5 tips will help you in a crisis, but will also help you RIGHT NOW in your life.

### 1. Conduct Your Own "Sleep Lab"

Analyze your current sleep cycle.

- There are apps, like "SleepCycle," that can help you map out where you are now.
- You need to understand how you're sleeping, including time and quality.

### 2. Experiment With Sleep Factors

Work out what affects your sleep most.

- Try no caffeine for 5 hours before bed.

- Try eliminating "screen time" for 1 hour before bedtime.
- Try melatonin supplements, etc.

### 3. PLAN Your Sleep In A Crisis

Schedule sleep time during crises.

- Schedule sleep shifts/guard time.
- 4 hours of comfortable, PROTECTED sleep is better than a longer period of fitful "twilight" sleep.

### 4. Protect A "Sleep-Ready" Environment

When bugging out, use a shelter that's "easy up, easy down".

- A poncho and bungee cord lean-to is a good example of this type of shelter.
- Take advantage of downtime, such as when traveling in a vehicle as a passenger.
- If you are fatigued, look for any opportunity to NAP, rather than looking for caffeine and energy drinks (which only make you FEEL alert but just disguise the problem).

### 5. "Combat Napping"

Make sure you can take "power naps."

- Be comfortable (use soft bedding, mosquito nets, etc.).
- Be protected (stay hidden, use intrusion detectors, have a trustworthy guard)
- Use artificial darkness (blackout curtains, a bandanna or hat to shield your eyes, etc.).
- Employee ear plugs to block sounds if safe.
- The Brain.fm app uses "functional music" to induce calm, sleep, or even focus. It works!

*Prepare. Train. Survive.*