

PREVENTION IN ACTION

WELL-BEING

BUILD POSITIVE ROUTINES TO GET BETTER SLEEP

Many factors can cause you to lose sleep. Luckily, you can make adjustments to improve your sleep.

Service Members and shift workers are more likely to have sleep disturbances, which can lead to:

- **Weight gain.** You may eat bigger portions and/or crave junk food.
- **Impaired memory.** Lack of sleep can affect your ability to think, remember, and process information.
- **Impaired reaction time.** You will be at a higher risk for accidents. Going 17 to 19 hours without sleep impacts you as much or more than having a 0.05% blood alcohol content.
- **Moodiness.** You may find it more difficult to regulate your emotions, which may result in conflicts and arguments with others.
- **Impaired physical performance.** You may not be able to finish your workout or may struggle to complete a manual work task.
- **Impaired mental performance.** You may experience reduced concentration and attention to detail.

Do something about it!

- Make time for downtime.
- Make sleep part of your routine.
- Check pre-workout supplement labels; many contain caffeine and/or herbal stimulants, so consuming these later in the day may keep you up at night.
- Track the amount of caffeine you are consuming and when in the day you are doing it. Gradually cut back and pay attention to how late you are doing it.
- Keep a consistent bedtime and wake time.
- Turn off electronic devices at least one hour before bedtime.
- Only use the bedroom for sleep and intimacy.

POWERFUL PERFORMANCE

EAT WELL | SLEEP WELL



PROMOTES GOOD SLEEP



STOP EATING EARLIER
Stop eating at least 3 hours before going to bed. Choose light snacks that are low in sugar.



KEEP A REGULAR SLEEP SCHEDULE
Going to bed later or getting less than the recommended 7-9 hours of sleep increases risk for weight gain.



EXERCISE
Regular exercise decreases issues with insomnia or falling asleep.

IMPAIRS GOOD SLEEP



LATE NIGHT EATING
Large meals in the late evening can impair sleep. Larger energy levels are needed to digest heavier foods.



ALCOHOL
Alcohol is associated with poor sleep quality and increased sleep disturbances.



CAFFEINE
Increases the amount of time it takes to fall asleep and reduces your sleep quality.

For more information, please visit your local **Semper Fit Fitness Center**



If you have questions, contact your local [Semper Fit](#) team and ask about Sleep Coaching.

Recharge with a power nap

Not enough time to sleep? Make time to squeeze in some quick Zs.

- Power naps should be 20–30 minutes (non-REM sleep), according to the National Sleep Foundation. Set an alarm to wake up. If you sleep longer, you might fall into a deep sleep and wake up feeling tired or groggy.
- Nap between 1400 and 1500 (or halfway between your normal waking and sleeping

times). Don't nap late in the day. Napping within three hours of bedtime can interfere with nighttime sleep.

- Find a quiet, dark spot to nap. If you can't find a dark place, wear sunglasses or an eye mask.
- A light carb or dairy snack can help you nap.
- Turn off potential distractions and find "white noise" — a constant sound, like a fan. Putting on headphones with relaxing music may help.
- After setting your alarm, lay back and relax your muscles. Close your eyes and clear your mind. If

you have trouble, try meditating.

- Taking a small amount of caffeine (200mg) at the start of the nap allows the caffeine to start kick in as the nap is ending (about 45 minutes).
- Follow a nap with physical activity (jumping jacks, push-ups, or jogging in place) to increase your pulse rate, making you feel more refreshed. Washing your face or stepping into bright light will have the same effect.

PRACTICE SELF-CARE BY MAKING TIME FOR BOX BREATHING

With increased use, mindfulness techniques may improve focus and performance and may result in overall better health and stress management.

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Samurai, the ancient warriors of Japan, were well known for mental discipline that helped them stay calm and focused during battle.

One simple practice to stay calm and focus is box breathing or four square breaths.

Just as with other military training, the

more you practice, the easier it will be to recall these techniques when needed.

You should practice them often to better safeguard against stress.

This exercise can be found in the Operational Stress Control and Readiness (OSCAR) Team Training Job Aid. See a Combat and Operational Stress Control (COSC) representative for more information on OSCAR team training and related resources.

BOX BREATHING



to


for **RELAXATION & CLEAR THINKING.**

INHALE



1, 2, 3, 4.

HOLD THE BREATH




1, 2, 3, 4.

SLOWLY EXHALE



1, 2, 3, 4.

HOLD THE BREATH



1, 2, 3, 4.

REPEAT 3 TIMES.

Are you

MORE RELAXED OR FOCUSED?

Did you physically feel anything different?



ABOVE: Follow the box breathing instructions from left to right on each row.

ABOUT THE NEWSLETTER

The United States Marine Corps' Marine & Family Programs Division publishes Prevention in Action.

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RETIRED SEAL OFFERS 10 POINTERS FOR REACHING YOUR GOALS

David Goggins is a retired Navy SEAL and the only member of the U.S. Armed Forces to complete SEAL training, U.S. Army Ranger School (where he graduated as Enlisted Honor Man), and Air Force Tactical Air Controller training.



David Goggins

An accomplished endurance athlete, Goggins has completed over 60 ultra-marathons, triathlons, and ultra-triathlons, setting new course records and regularly placing in the top five.

Below are 10 pointers he offers:

- 1. Look into the accountability mirror.** Ask yourself if you're doing everything you can to be successful.
- 2. Silence the noise.** Small incremental improvements over time become MASSIVE changes over time. Silence the noise, and worry about what you are doing right now to get better.
- 3. Get rid of the negativity.** Listen to the people around and hear their message to you. If you listen closely, sometimes they're not rooting for you. Listen to yourself: Are you on your own side or against yourself? Listen to yourself and those around you to identify negative forces in your life. Then get rid of the negativity.
- 4. Grind yourself to greatness.** You will face adversity. Even if you don't

know the way through it, the only thing you can do is take a step forward. It is impossible to get to a destination if you don't move, even if you don't know the way. Push forward and grind, even if it is in the wrong direction. You will learn what not to do, which is progress.

5. Be patient. In the world we live in today, everything is instant gratification. To change and endure whatever you're going through will take a lot of time and a lot of patience, and there will be pitfalls and plateaus. Everybody wants the hack or the secret; the only thing that works is consistent hard work.

6. Take care of your body. As hard as you train, you need to recover just as hard. This can be recovery days, stretching, yoga, off days, fixing your diet, mental recovery, and even sleep.

7. Find your fuel. Nobody knows you better than you. You know all the good and all the bad. Search inside yourself and find what drives you, find the fuel to change your life, and continue to drive forward.

8. Find out who you really are. Find out what makes you tick. When you get down to the bottom of things, you can build up from there. Sometimes it's scary because of your past traumas, or things you've done. But if you can look into the deepest part of yourself, you can start building a strong foundation and start to become the person you want to be.

9. Stop being normal. Any person who has achieved extraordinary things in their life is just like everyone else. At a certain point, people make a decision to take the path that has been traveled or take the untraveled path. The only limitations that exist are the ones you place on yourself.

10. Strengthen yourself. The body is only as strong as the mind is. There will be adversity in everyone's lives. The difference between the strong and the weak isn't their physical capacity to endure, but their mental capacity. Every problem is either a roadblock or an opportunity to grow and learn.

Strengthen your nutrition by making healthy choices

Eating a healthy diet is a huge component of overall wellness.

Think Ahead

Planning meals does not mean figuring out everything. Make a simple list of breakfast, lunch, or dinner ideas and things you like to eat. The Navy has some great meal planning [examples](#) to help you.

Consider Convenience

Ready-made foods like chopped veggies or fruits can cost a bit more, but if buying chopped onions, rotisserie chicken, or meal kits help you meet your nutrition goals, go

for it. Setting up to make the [healthy choice](#) the easy choice helps you attain your goals.

Be Wary of Quick Fixes

You might think dietary supplements are a quick fix to help reach your goals.

Buyer, beware! Many dietary supplements are not inspected for safety or effectiveness. What is in the bottle may not match up with the ingredients list. This can put you at risk of taking illegal ingredients.

For more information, check out the [high-risk](#) and [prohibited](#) lists or

use the [supplement screener](#) from the Department of Defense's Operation Supplement Safety Team.

Choose Fruits and Veggies

Incorporating more whole fruits and vegetables helps you save on calories, increase your fiber intake to make you feel fuller, and get a ton of vitamins and minerals.

The [Semper Fit Health Promotion Program](#) offers more nutrition information.

Hydrate, Hydrate, Hydrate

Thirst often gets confused with hunger. Drink fluids before reaching for seconds.

Build skills to reach your health goals

The Semper Fit Health Promotion Program focuses on seven core elements that can help you improve your overall wellness.

Nutrition: Fuel to fight.

Take cooking classes, analyze dietary supplements, and learn about meal planning. Get guidance for your diet.

Sleep: Keep your brain and body fresh. Learn about the science of sleep and develop healthy habits to improve performance.

Cognitive performance:

Exercise your brain. Learn skills to boost mental processes, including attention, memory, problem-solving, and overall brain function.

Tobacco: Operation Tobacco-Free Marine offers individual counseling and group classes.

Injury prevention: Keep your body in fighting shape. Learn to prevent common injuries with workshops, health fairs, safety briefs, and running shoe clinics.

Chronic disease prevention: Check blood pressure,

glucose, cholesterol, body composition, resting metabolic rate, VO2 max, and bone density.

Sexual health and responsibility: Learn about family planning, contraception, sexually transmitted infections, prenatal/postpartum fitness, and positive sexual behaviors.

Check with your local [Semper Fit](#) for program availability.

TAKE IT OUTSIDE!

15 Simple Ways to Get Moving



Did you know that physical activity for young children is an important component of early brain development and learning? When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

**USE THESE SIMPLE 15 OUTDOOR ACTIVITIES TO GET YOUR CHILDREN MOVING.
THE ACTIVITIES LISTED ONLY REQUIRE YOU, YOUR CHILD, AND YOUR IMAGINATION.**

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways - go outside and practice walking, running, galloping, skipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Rainbow Run - talk about the colors of the rainbow as you name colors, run & touch three things that are that color.
5. Get outdoors for fresh air - breath in the air as you swing your arms and hold your head high.
6. Take a walk; first go in straight lines, then curvy lines, and then try walking backward.
7. Get outside and practice running. When you are running, work on pumping your arms front, back, and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around, and even under. See how fast you can do it.
9. Find an open space and work on rolling in different ways...long, straight body and a curled-up small body. Rolling down a hill is fun!
10. Blow bubbles outdoors. Chase and catch the bubble before it pops.
11. Pretend you are at a zoo. Identify an animal - move and sound like that animal.
12. Pretend to be a growing flower. First, you are a tiny seed in the ground and then grow into a big flower.
13. Pretend to be a balloon - first without air, being blown up, floating around, and then being popped.
14. Motions of the weather - use your body to pretend to be different types of weather. Rain, wind, thunder, snow ...get creative.
15. Pretend to move like different foods - melt like a popsicle or pop like popcorn.



For more ideas on getting your children active outdoors, contact your local **Child & Youth Program**

Duplicated with permission from Head Start Body Start.