



Tactical Naps

RISK FACTORS:

Microsleeps are brief, involuntary episodes where your brain literally shuts down and goes to sleep for a few seconds. Be aware of warning signs like heavy eyelids, head-bobbing or trouble focusing.

Combat Microsleeps With a Tactical Nap

- **Know When It's Time For a Break:** Take a nap after working 16 hours straight or at the first signs of fatigue.
- **5-15 Minutes Is Enough:** Bring earplugs and eye cover and set an alarm so you don't oversleep.
- **Take 5 to Recover:** Drink some water, stretch or walk around between waking up and getting back to work.

