

# Recharge (R)



*“Recharge your mind and body...”*

**Warning:**

For maximum effect, these strategies are best used in combination with Controlled Response, Performance-Based Nutrition, Mind Tactics, Primal Fitness, Purpose, and the Code Modules.



# Recharge (R) Module

## Introduction:

The Recharge Module targets disrupted sleep patterns associated with bio-psycho-social factors experienced in a variety of settings (e.g., combat, increased operations tempo, etc.). The focus is on empowering you to improve your sleep patterns through education and alteration of common disruptive behaviors while emphasizing healthy habits and the absence of medication.

## Description:

Sleep is essential to the warrior athlete both on and off the battlefield. It is a key ingredient for enhanced performance and has a direct impact on every module in the OSOK family. One, two, and even three days of quality sleep loss will affect your performance.



## Effects on Performance:

Some of the areas affected by sleep include:

Reaction	Coordination	Attention	Appetite	Problem	Focus	Pain
Judgment	Memory	Patience	Energy	Concentration	Strength	Stomach
Endurance	Immune	Balance	Reality	CR Control	Mood	Etc. Etc.

## Circadian Rhythm:

Circadian rhythm is the body's internal clock that regulates sleep cycles, when it's time to go to bed and wake up, REM sleep, core body temperature, and hormonal secretions. Our circadian rhythm is also matched to environmental timing cues, primarily light/dark cycles. Resetting your circadian rhythm will take some time and effort if it is disrupted. For instance, remember the last time you changed time zones (i.e., overcoming jet lag)?



### *Strategies for Resetting Circadian Rhythms*

**Develop a Routine.** Develop a routine for your sleep schedule. Establishing a consistent routine will help re-establish a normal sleep pattern. Try to go to sleep and wake up the same time each day, even on the weekends.

**Avoid the Use of Alcohol.** Alcohol may help you fall asleep faster, but it also may result in frequent awakenings, less restful sleep, headaches, night sweats, and nightmares.

**Discontinue Nicotine.** Nicotine is a stimulant, with effects similar to caffeine. Avoid tobacco products before bedtime or when you wake up in the middle of the night.

**Avoid Playing Video Games at Bedtime.** Playing video games at bedtime can stimulate the body and delay the onset of sleep. Video games interrupt the sleep cycle even more than TV, because they involve active participation and use of reflexes, which produces a heightened state of alertness. Modern TVs—especially LCD TVs—have such high refresh



rates that they actually over-stimulate the brain. Limit the amount of game playing you do, particularly in the evening.

**Use Sensory Blocks.** Making your sleep space dark, quiet, and cool will help set the conditions for restful sleep. It may help to use a fleece cap and eye covers to make things as dark as possible and earplugs to minimize noise.

### **Current Treatment for Sleep:**

One common treatment for sleep problems in/out of combat involves the use of medication prescribed by your doctor. Others turn to the use of OTC medication such as Tylenol PM. All are effective *ONLY* as short-term solutions because these have potential side effects. Some of the side effects include rebound insomnia, morning sedation, weight gain, increased tolerance and dependence, and decreased ability to wake during emergencies. Most important, these medications treat only the symptoms of insomnia, not the underlying problems.



### **Sleep Strategies**

#### *Strategy #1: Length of Sleep*

Most people need seven to eight hours of sleep for maximum sustained alertness and mental functioning, and the body cannot be trained to need less. Losing only one to two hours of required sleep significantly affects performance. Although genetic differences in sleep needs exist, very few people can function well with just a few hours over time. Many individuals can function on little sleep for short durations, particularly with the use of caffeine or other stimulants, but limited sleep over the long term will impair functioning.

#### *Strategy #2: When to Sleep*

Maximum sleepiness is from 0300 to 0500 and from 1300 to 1600, so sleeping during these key hours is optimal to make up for sleep loss, as your body is physiologically more prepared for sleep. Also, alertness is reduced between 2400 and 0700. Quality of sleep is important, but any sleep is better than no sleep.

#### *Strategy #3: Some Sleep is Better than None*

Choosing to stay awake rather than catch a few minutes of sleep when the opportunity presents itself is likely to be detrimental. After about 20 hours of wakefulness, a person's mental and physical abilities decline similar to the effects of drinking alcohol. Total sleep deprivation decreases performance by about 20% every 24 hours, and no one should be on task when performance has declined by 60%.

#### *Additional Strategies:*

**Environment:** The sleep environment may make it difficult to maintain healthy sleep cycles. Examples include: Room temperature, unwanted roommates, noise, bright lights, etc.

**Controlled Response & Mind Tactics:** (1) Operating in the Red Zone calls for total mind/body activation, so the body is primed for action (increased heart rate and blood pressure, tense muscles, etc.). An inability to efficiently modulate from the Red Zone to White Zone can impact sleep and contribute difficulties experienced in combat. (2) Difficulty in modulating to the White Zone when you are in the Yellow/Red Zone can prevent the onset and maintenance of a restful night's sleep. Unprocessed/unresolved issues or images that have accumulated through the day can keep you awake after lying down, as this is the one time that the mind and body are



not distracted. To promote modulating to the White Zone, try to engage in activities that calm your system (e. g., breathing retraining, recalibration exercises, PMR/AT, etc.) one hour prior to going to bed (see CR and MT Modules).

**Poor Nutrition:** Eating foods high in carbohydrates and fats throughout the day will not only affect your energy level and performance, it will also affect your sleep.



**Stimulant Use:** Stimulants can range from sodas and coffee to chewing gum and dietary supplements. Many stimulants stay in your system well past your intended bedtime and can override your need for sleep and ability to transition to the White Zone (also see Performance-Based Nutrition Module).

**Mind Tactics:** Deactivate Your Mind: 1) Engage in “Free Journaling.” Free Journaling involves uncensored writing for a specified amount of time. Write down anything that comes to mind (e.g., to-do list, memories, stressors, etc.); this exercise should be carried out in an area free from distractions. *Note:* See Recharge module for additional Mind Deactivation strategies.



**Primal Fitness:** Exercise Regularly. Keeping your body in good physical condition will help it perform well during the hours that you are awake and help as you go to sleep at night (see Primal Fitness Module).



OSOKI

# Optimal Sleep Package

## “Modulate to White Zone (aka Parked)”

### Restorative Sleep (RS)

*RS is very important to your overall health and performance. Continued sleep disturbances can lead to health (e.g. headaches, hypertension, compromised immune system, weight gain, mood, etc.) and performance (e.g. decreased endurance and strength, memory, speed, etc.) issues.*

### Circadian Rhythm (CR)

*Your CR is an internal clock that regulates your sleep pattern. As you age, this clock becomes more sensitive to change, and it will take very little to throw it off sync. Here are some things you can do to keep your CR in balance:*

#### **Activate Your Sleep Process Faster:**

Consistency is the Key

- Develop a bedtime routine and follow it each night (to include bedtime/wakeup times)

White Zone – Retrain your body to decelerate prior to bed

- #1 Recommended: Use PMR/AT Strategies (see the Controlled Response and Mind Tactics section of the handbook)
- Discontinue all stimulating activities one hour before bed (e.g. TV, video games, bills, chores, etc.)
- Additional Recalibration Strategies: two-step process during one-hour deceleration
  1. Deactivate Mind – Find a quiet place and allow your mind to “purge”
    - a. Uncensored writing (e.g. journal, poetry, free writing, diary, etc.); or
    - b. Write out your checklist (rather than trying to remember your next day’s tasks); or
    - c. Don’t fuel your thoughts (attending to them will accelerate you).
  2. Deactivate Muscles – Don’t get into bed when your muscles are activated
    - a. Hot bath/shower (warm water might loosen muscles)
    - b. Stretching (manually separate/reduce muscle tension)
    - c. Massage therapy (assistance with manual deactivation)

Important: Following both activities, get right into bed. Don’t engage in any stimulating activities, as you will undo what the mind/muscle deactivating strategies have done.

- Read a ‘boring’ book/magazine
- Listen to relaxing music (preferably without lyrics)
- Channel your breathing (slowing down and focusing on your breathing will keep you decelerated and also assist with maintaining a clear mind)

Reduce Stimulants and Substances

- Discontinue use of alcohol (it might relax you initially, but will increase frequency of wake-ups)
- Reduce/discontinue nicotine use (another stimulant that will also constrict your blood vessels)
- Avoid caffeine at night
- Avoid weight-loss products (check labels) because of their stimulant ingredients
- Watch herbal teas (check labels for stimulant ingredients)

Work Up a Sweat (this will assist you in regulating your muscle tone and deactivation process)

- Exercise 3-4 times per week, but not within two hours of bedtime.
- If your job is stressful, have a fitness program after work (to process accumulated muscle activation from work). DON’T take it home with you.

Fuel Up

- Avoid eating a large meal too close to bedtime (will lead to feeling uncomfortable and affect digestion)
- Don’t go to bed on an empty stomach

Blow Off Some Steam (don’t hold it in; it will affect your sleep)

- Have an outlet regularly (for example, three times per week)
- Don’t wait for the weekend, it’ll be too late
- Get it out – Talk to someone (e.g. friends, family, Military Family Life Consultant [MFLC], Chaplain, etc.)

### Shut Down Your Senses

- Light – Use dark shades/blinds for your room and/or a sleep mask to reduce incoming light.
- Sound – Use soft music, a white noise machine, or earplugs to reduce incoming sounds.

### Change It Up (you and your bed have history)

- Redress your bed (get some new sheets, pillows, etc.)
- Do not work, watch TV, or surf Internet in bed; train your body the bed is for sleeping.
- Create a sleeping environment that mimics a time in your life when you had good sleep.
- If not drowsy after 20-30 minutes, get up and engage in a boring task. Then return to bed when tired.
- Turn your clock around (stop counting down; your alarm will wake you when you need to get up)

### **Get Back to Sleep:**

- Review steps listed above.
- Keep a notebook next to your bed to “purge” your thoughts upon waking up.
- Keep your CD player next to your bed (play some relaxing music to keep your mind occupied)
- Re-channel your breathing (see above)
- If not drowsy after 20-30 minutes, get up and engage in a boring task. Then return to bed when tired.
- Note: DO NOT engage in stimulating tasks.

### **I Hate Nightmares:**

- When you wake because of a disturbing dream, write it down in your journal (purge it).
- Turn on the light, look around, and get up in order to “shake” the intense feeling of the dream.
- Picture your own ending for the dream.
- If you need to “finish” a dream, concentrate on it prior to sleeping as a way of setting the stage.
- When awake, remind yourself you have some power and control over what happens in your dreams.

Important: It isn't one or two of these strategies that will retrain your body to sleep, but a combination of them. Keep at it until you get the results you want!!!!