

# THE HIDDEN TOLL OF SLEEP DEPRIVATION

## SLEEP IS NOT OPTIONAL. IT'S A FORCE MULTIPLIER.

When you are well-rested, you recover faster, fight harder, and stay mission-ready. Sleep is not optional. It's a force multiplier. Take a look below at the affects of sleep deprivation.



### TESTOSTERONE DROPS 10-15%

Less than five hours of sleep a night tanks your T-levels — the hormone that powers strength, aggression, and recovery.



### RISK OF INJURY INCREASES 65%

Getting less than eight hours of sleep puts you at major risk for muscle and joint injuries — especially during training or missions.



### ENDURANCE CAN DROP BY 40%

Just one night without sleep can cut your breathing endurance in half — your diaphragm works less efficiently.



### MORE SLEEP = FASTER SPRINTING

Sleeping eight to 10 hours a night can boost your sprint times by up to 10 percent. You move faster, react quicker.



### YOU'RE 3x MORE LIKELY TO GET SICK

Sleeping under six hours makes you much more likely to catch colds and viruses. Your immune system gets weaker fast.



### SLEEP = ACCURACY AND CONTROL

Sleep-deprived shooters lose accuracy, take longer to aim, and struggle with fine motor control. Rest sharpens decision-making and tracking.



For more information on sleep, contact your local WARR - Semper Fit staff.