



# RACKOUT RECORD

Have you ever noticed there are some things you can do automatically, without thinking much about it? For example, do you remember the first time you shot a gun? Or performed medically in an emergent code-situation?

It probably took quite a bit of your concentration. These days you may find you are able to put rounds down range accurately from muscle memory or you go into a code situation knowing what medications to pull and what specifically to look for, etc. without as much concentration? When you find yourself on “*automatic pilot*”, it is often because you have lots of experience with that particular activity. So much experience, in fact, that you can do the activity without awareness, or “unconsciously”.

*Your body can learn to respond to your sleep environment in a similar way.*

Without realizing it, you trained yourself to “unconsciously” associate your bedroom with whatever activities you typically do there. For example, if you watch TV in bed, you are training yourself to be alert and attentive while in bed. If you typically toss and turn for an hour or two before falling asleep, you are training yourself to be frustrated and sleepless while in bed. So, without intending to, you may have trained yourself to be awake in bed. But, the good news is, you can use this same learning process to train yourself to sleep better.

Learning how to sleep well is an important part of overcoming insomnia.

## PAIN-SLEEP CYCLE

82% of post-9/11 veterans report a form of **chronic pain** (typically of the back and knees) and state that it “drastically” impacts their quality of life and levels of activity. The second highest complaint was **insomnia**.



## THE INSOMNIA effect

Stressful situations activate your brain (*fight or flight*) as a short-term protective mechanism.



Similar to the “*domino effect*”, the *INSOMNIA EFFECT* is a cascade of adverse events that occur (both long- and short-term) when adequate, restorative sleep isn’t achieved.

The “*poly-trauma clinical triad*” affects sleep habits and causes a domino affect on cognitive function, memory formation and mood.

75%

of combat veterans state the suffer from sleep-related issues since returning home from deployment.

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To improve your sleep, you will need to know how to use a Sleep Diary to track how much and how well you sleep. You may think this is pointless because you are well aware of your sleep patterns, but researchers have found that people see their sleep patterns more clearly when they use Sleep Diaries. Plus you can determine if Rack Out™ is working for you!

		TODAYS DATE: 09 SEP 2020	30-DAY DATE:
What <b>TIME</b> did you get into bed?	<b>A</b>	2230	
What <b>TIME</b> did you try to go to sleep?	<b>B</b>	2330	
How <b>LONG</b> did it take you to fall asleep?	<b>C</b>	60 min	
How many times did you <b>WAKE</b> up during the night?	<b>D</b>	5x	
In total, how <b>LONG</b> did these awakenings last?	<b>E</b>	60 min	
What time was your <b>final WAKE</b> up time?	<b>F</b>	0550	
What time did you get <b>OUT of bed</b> for the day?	<b>G</b>	0630	
How many minutes did you <b>NAP</b> yesterday?	<b>N</b>	0	
Total <b>TIME</b> in bed? (A to G)	<b>H</b>	420 min	
<b>Pre-Sleep</b> TIME in bed? (A to B)	<b>I</b>	60 min	
Snooze time? (F to G)	<b>J</b>	40 min	
Total <b>WAKE</b> time? (C+E+J=)	<b>K</b>	160 min	
Total <b>SLEEP</b> time? (H-K=)	<b>L</b>	260 min	
Sleep efficiency: (L÷H) x100 =	<b>%</b>	<b>61.9%</b>	

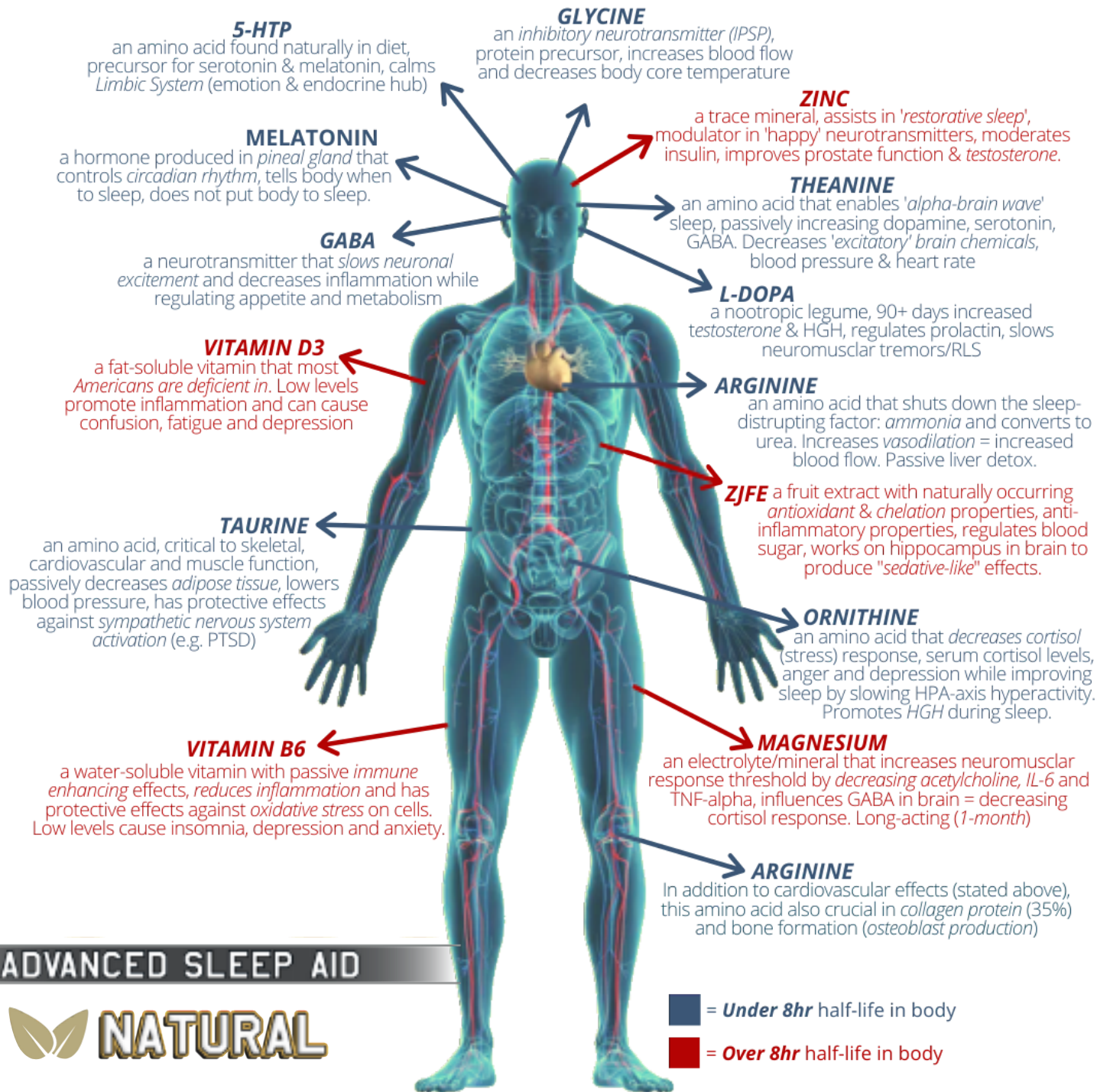
The example to the left is the "Day Zero" and 30-Day Reevaluation on your sleep!

The formula uses military time formatting and minutes instead of hours. The letters are color-coordinated based on what is being assessed and used in the formulas.

Once everything is compiled, you can determine your "sleep efficiency" score (highlighted).



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## ADVANCED SLEEP AID

 **NATURAL**

 **EVIDENCE-BASED**

 **EFFECTIVE**

 **SAFE**