



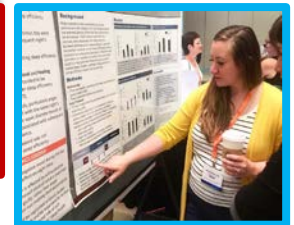
# USAMRDC Good News Story



## U.S. Army Medical Research and Development Command

### *USAMRDC Scientists Talk Catnaps, Caffeine & More at Annual SLEEP 2019 Conference*

- Scientists with the U.S. Army Medical Research and Development Command presented new data, studies and findings during the annual *SLEEP 2019* conference in San Antonio, Texas from June 8-12.
- Presentation topics included differences in sleep and mood across military units, the impact of caffeine on mood during sleep restriction and sleep extension and threat processing, among others.
- On June 12, Dr. Jaques Reifman of MRDC's Biotechnology High Performance Computing Software Applications Institute presented a web-based caffeine optimization tool that successfully designs effective strategies to maximize alertness while avoiding excessive caffeine consumption.
- Ten researchers from MRDC's Walter Reed Army Institute of Research also presented at the conference.
- The *SLEEP* conference is the annual meeting of the Associated Professional Sleep Societies, LLC.



*Clockwise from top left: 1) Official SLEEP conference logo; 2) SLEEP poster presentation (courtesy WRAIR); 3) Dr. Sara Alger presents at SLEEP (courtesy WRAIR); 4) WRAIR researchers onstage at SLEEP (courtesy WRAIR)*

**OUTCOME:** By presenting the very latest research findings related to all phases of Warfighter health, MRDC continues to share both the importance and overall societal impact of military medicine.