



USAMRDC Good News Story



U.S. Army Medical Research and Development Command

Snooze News: WRAIR Scientist, Sleep Research Featured on Canadian National News Program

- On Tuesday, October 29, Dr. Sara Alger of the USAMRDC's Walter Reed Army Institute of Research (WRAIR) appeared on CTV National News in Canada to discuss recent research regarding the stigma of napping.
- During an on-camera interview, Alger focused specifically on a WRAIR-authored article appearing in the August 2019 issue of *SLEEP* magazine which, in short, seeks to break the stigma of workplace napping in the U.S. in order to boost employee productivity and overall corporate growth.
- The above article, co-authored by Alger, states that a reported 70% of Americans regularly experience insufficient sleep, and further presents evidence suggesting a 10-20 minute mid-day nap could result in increased workplace productivity and decreased on-site injuries.
- For more than six decades, the WRAIR Sleep Research Center (SRC) has developed strategies and technologies for monitoring, preventing, and reversing the harmful effects of sleep loss, stress, and fatigue in order to enhance Soldier operational judgment and decision making.
- Key interview quote from Alger: *"That's what we really want to try to do always, try to boost the performance on the field for our Soldiers."*



Middle: Screenshot WRAIR sleep researcher Dr. Sara Alger's appearance on CTV News on October 29 (courtesy: ctvnews.ca)

OUTCOME: By studying the impact of sleep on cogency and overall attentiveness, USAMRDC is ensuring increased readiness and lethality for all Army Soldiers by delivering the knowledge necessary to operate at full capacity in all environments.