

14-Day Fire Assignment Sleep Hygiene Checklist

■ Sleeping Environment

- Choose the quietest, flattest area available for camp setup.
- Use earplugs or a white-noise app to block noise (generators, radios, snoring).
- Wear a sleep mask or drape a dark cloth to block early-morning light.
- Keep your sleeping bag and pad clean and dry — moisture = poor insulation.
- If in a tent, ensure good ventilation to prevent overheating or condensation.
- Elevate gear slightly to avoid ground chill and puddling.
- Establish comfortability. Ensure equipment is of quality and in operable condition.
- Have extra sleeping bag for padding, additional layer for warmth and use a pillow if possible.
- Have on hand, extra layers (long johns, sweatshirt, stocking cap, gloves).

■ Routine & Timing

- Keep a consistent sleep window, even if it shifts (e.g., 2200–0500).
- Wind down 20–30 minutes before lights-out — stretch, read, meditate or pray.
- Avoid electronic or phone use right before sleep.
- If shift rotations change, gradually shift bedtime/wake time by ~30 min per day.

■ Caffeine, Nicotine & Hydration

- No caffeine within 6 hours of bedtime (coffee, energy drinks, pre-workout).
- Minimize nicotine consumption 2 hours before bed as it can disrupt sleep.
- Stay hydrated throughout the day, but taper fluids 2 hours before bed.
- Limit sugar drinks that cause crashes or nighttime awakenings.

■ Meals & Fuel

- Avoid heavy meals right before bed — keep late-night snacks light and protein-based.
- Eat consistent meals to keep your blood sugar steady.

■ Body & Recovery

- Stretch sore muscles for 5–10 minutes before bed.
- Use a foam roller, lacrosse ball, or massage gun if available.
- Consider showers more frequently (every 2 or 3 days)
- Keep socks on if feet get cold — warmth improves circulation and sleep onset.
- Practice 4-7-8 breathing (inhale 4s, hold 7s, exhale 8s) if wired or anxious.

■ Mind & Mood

- Write down next-day tasks or concerns before lights-out to clear your head.
- Don't clock-watch — turn your watch face down.
- Use a grounding technique if stressed (focus on breath, sound, touch, smell).
- Practice gratitude for small wins — helps calm and refocus your mind.

■ End-of-Assignment Review

- Avg 6–8 hours of sleep most nights.
- Maintained hydration and nutrition.
- Managed caffeine and stress.
- Felt alert and focused on shift.
- Avoided irritability, mistakes, or microsleep