

SLEEP & SOLDIERS

A Working Bibliography of MHI Sources

- Belenky, Gregory L., et al. Effects of Continuous Operations (CONOPS) on Soldiers and Unit Performance: Review of the Literature and Strategies for Sustaining the Soldier in CONOPS. Wash, DC: Walter Reed Army Inst of Rsch, 1987. U22.3E23.
- Drucker, Eugene H. The Effects of Sleep Deprivation on Performance Over a 48-Hour Period. Study, HumRRO, 1969. 27 p. UD540D78.
- Hegge, Frederick W. The Future Battlefield: Human Dimensions and Implications for Doctrine and Research. Study, Walter Reed Army Inst of Rsrch, 1982. 50 p. U22.3H43.
- Kellett, Anthony. Combat Motivation. Boston: Kluwer-Nijhoff, 1982. pp. 232-35. U22K43.
- Lucas, Gerald W. "A Practical Approach to CONOPS." Field Arty (Oct 1988): pp. 46-50. Per. Problem of sleep deprivation during continuous ops (CONOPS) for artillerymen.
- Moloff, Alan L. "Sleep Loss and Its Effect." Inf (May/Jun 1990): pp. 22-25. Per.
- Newman, A.S. "Essential Sleep - Personal Need, Military Duty." Army (Apr 1987): pp. 67-68. Per.
- _____. "Sleep and the Soldier." Army (Oct 1963): pp. 28-32. Per.
Notes the need and the effects of deprivation. See also his letter to editor (May 1965, p. 89), in which he offers advice on how to fall asleep quickly.
- Safer, Daniel J. The Effect of LSD on Sleep-Deprived Men. Report, Edgewood Arsenal, Apr 1969. 25 p. UH627S24.
- Warsinske, John. Company Command in Vietnam...Oral History Collections. Special Bib 26, Nov 1990. ca 250 p. Z6724H6U55no26.
See Sec II, p. 89, for identification of 2 pertinent interviews in which the subject is covered.
- William, Harold L. "Sleep Starvation and You." Army Info Digest (Jun 1964): pp. 11-18. Per.
Incls combat examples & remedies.

See also

-Bibliographies on Battle Behavior, Combat Stress and Military Psychology in Medical-Mental Health.