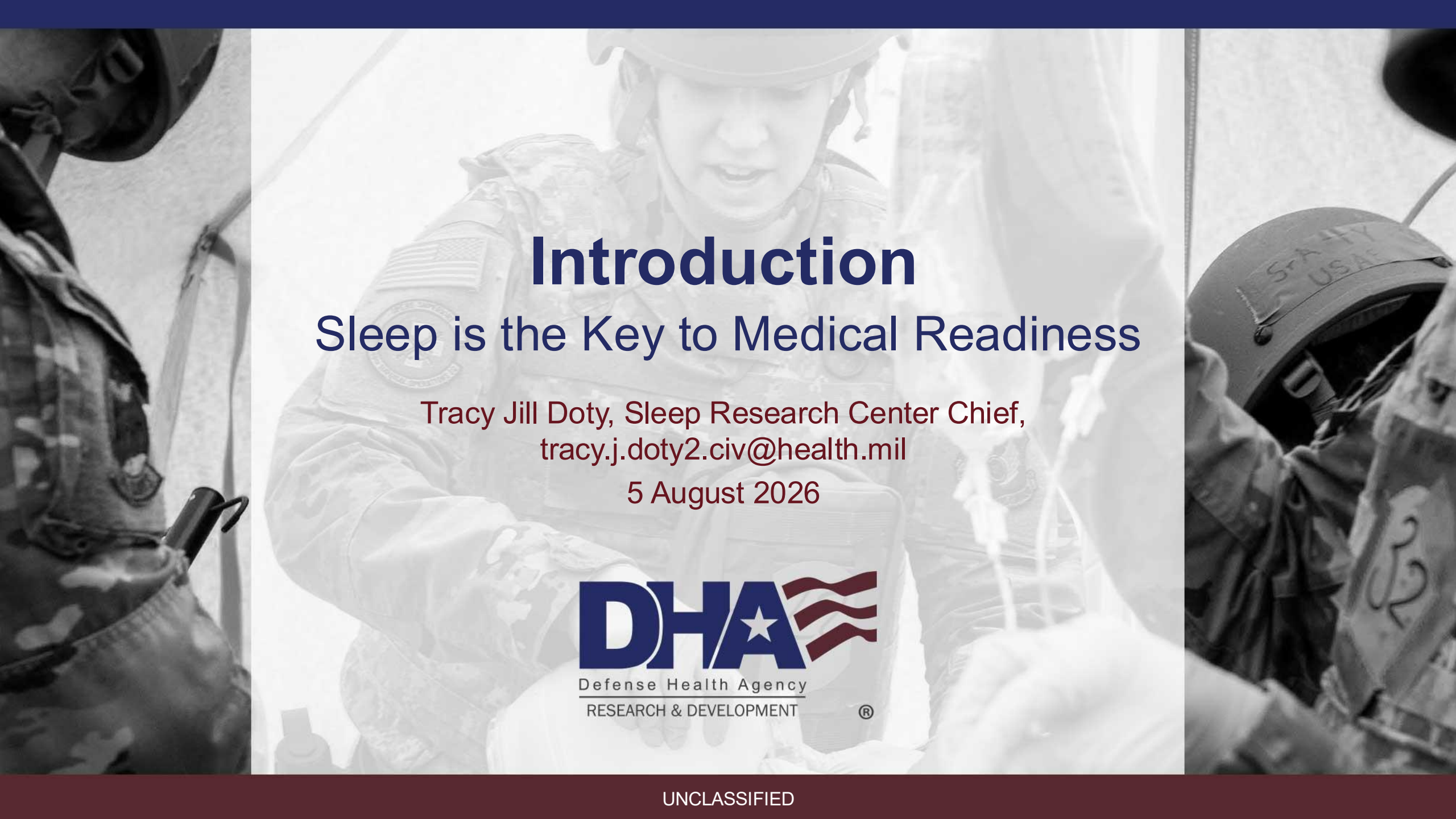




Introduction

Sleep is the Key to Medical Readiness

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UNCLASSIFIED

The views, opinions and/or findings contained in this presentation are those of the author and do not necessarily reflect the views of the Department of Defense and should not be construed as an official DoD/Army position, policy or decision unless so designated by other documentation. No official endorsement should be made. Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by the U.S. Government.

Dr. Tracy Jill Doty has no conflicts to report.

» Moderators

- » Dr. Sara Alger – WRAIR
- » Dr. Alice LaGoy – Naval Health Research Center (NHRC)
- » Dr. Tracy Jill Doty – WRAIR
- » Many thanks to everyone who submitted an abstract for this topic and to the excellent Subject Matter Experts that reviewed and rated abstracts



» <https://www.health.mil/Military-Health-Topics/Research-and-Innovation/DHA-Research-and-Engineering-Directorate/Science-and-Technology-Portfolio-Management-Division>



March 2024

MILITARY READINESS

Comprehensive Approach Needed to Address Service Member Fatigue and Manage Related Efforts

- » <https://www.gao.gov/products/gao-24-105917>
- » Sleep loss and associated fatigue are important issues for the DoD
- » BUT there are problems
 - » Oversight structure limitations
 - » **Fragmented fatigue-related research**

- The Secretary of Defense should ensure the office identified above to oversee DOD-wide fatigue-related efforts **creates and maintains a comprehensive list of all fatigue-related research projects**. (Recommendation 6)
- The Secretary of Defense should ensure the office identified above to oversee DOD-wide fatigue-related efforts uses the comprehensive list of all fatigue-related research projects to **compare fatigue-related research to reduce fragmentation among the initiatives**. (Recommendation 7)
- The Secretary of Defense should ensure the office identified above to oversee DOD-wide fatigue-related efforts establishes a **cross-domain working group dedicated to sharing and communicating fatigue research and related information department-wide**. (Recommendation 8)

Proposed Military Sleep Research Pipeline (One Idea)

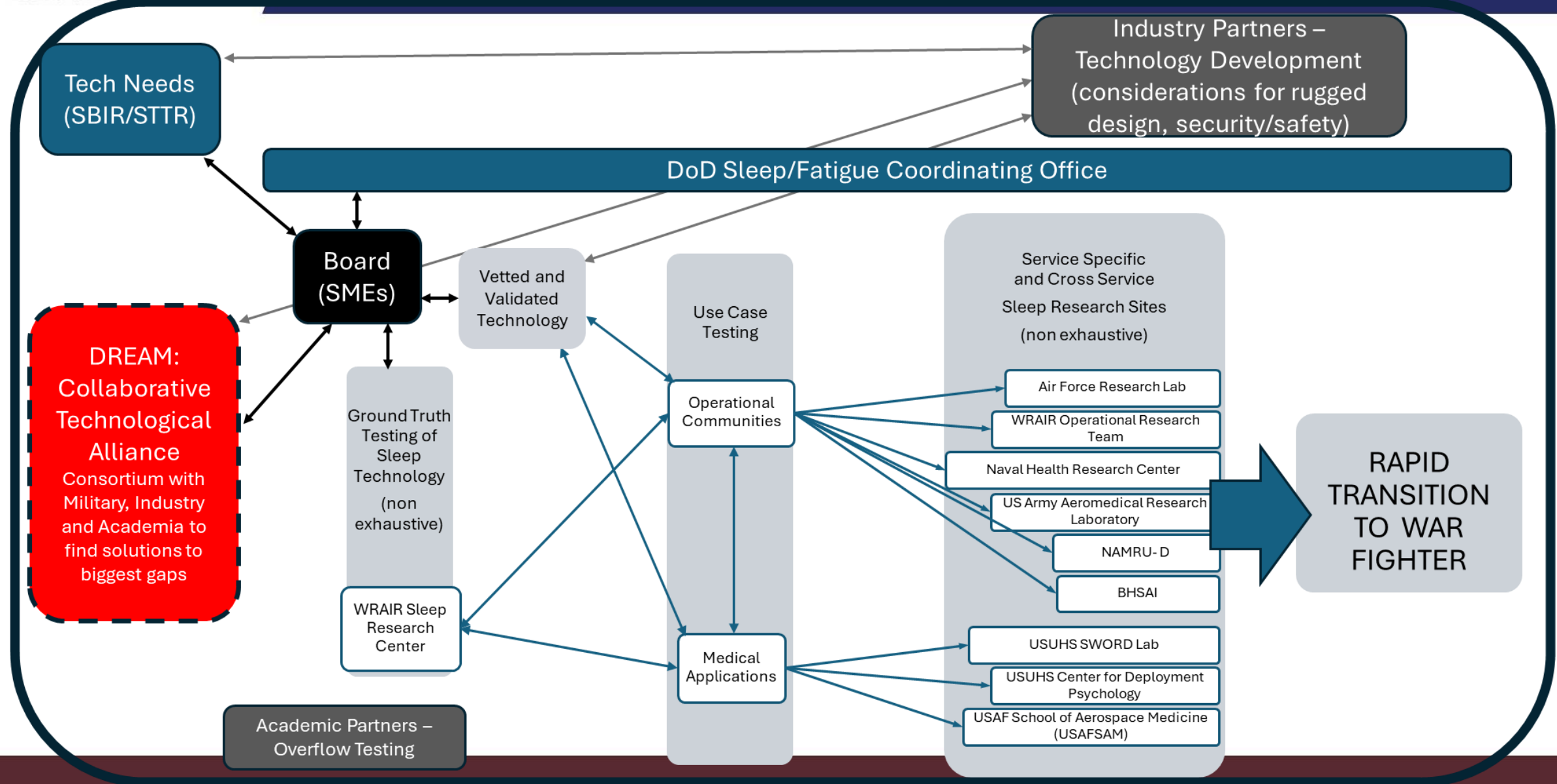
All Sleep Research Sites create the **Military Sleep Research Board** to evaluate existing sleep technology, downselect promising technology for military testing pipeline, and share research regularly to inform military specific operational communities and medical applications and ultimately reduce fragmentation

Military Sleep Research Board Products

- Database of all DoD funded Sleep/Fatigue Research
- Recommendations on existing sleep technology
- Evaluative Database of existing commercial sleep technology (measurement and enhancement)
- Sleep Technology that has been internally validated and fine tuned for military specific applications

OUTCOME: The Military Sleep Research Board will reduce research fragmentation and will save time and money while increasing readiness by focusing investments only on sleep technology that is validated and meets military specific needs – also direct products and communication for policy and education

Proposed Military Sleep Research Pipeline (One Idea)



1545 - 1600	Using the Warfighter Performance Optimization Framework to Understand Sleep's Critical Role in Readiness	Theresa Santo, Ph.D.
1600 - 1615	The Role of Sleep in Multidomain Symptom Reduction Following Concussion in Active Duty Service Members	Rosemay Remigio-Baker, Ph.D. Gov Partners: Katharine Stout, PT, DPT, MBA Stephanie Sloley, Ph.D.
1615 - 1630	Sleep Deprivation Has Differential Sex-Specific Effects on Implicit Biases Toward Death and Suicide	COL William Killgore, USAR
1630 - 1645	Non-Invasive Deep Brain Neuromodulation to Enhance REM Sleep for Trauma Adaptation	Sujasha Gupta, Ph.D.
1645 - 1700	Pain and Sleep Quality in UH-60 Aircrew vs Age-Matched Civilians	Keri Hainsworth, Ph.D.
1700 - 1715	Personalized Caffeine Recommendations for Optimal Alertness	Jaques Reifman, Ph.D.
1715 - 1730	Reclaim the RACK: A Mechanistically Targeted, Food-Based Sleep Aid for Warfighters — From Feasibility to Commercialization	Jeffrey Bush, Ph.D.

Our Mission & Vision

Mission

Responsively and responsibly create, develop, acquire and deliver medical capabilities for the warfighter.

Vision

Lead the advancement of military medicine.



QUESTIONS?