

CONTINUOUS OPERATIONS (CONOPS) PLANNING

STEP	ACTION	✓
1	Set up and ENFORCE an eating and sleeping schedule for ALL personnel	
2	Include OPORD and movement times in warning orders so sleep can be scheduled	
3	Keep orders simple and clear; insist on briefbacks	
4	Do not permit sleeping in or near vehicles; move to safe place	
5	Recognize symptoms of sleep loss: not alert, slow response time, forgetful, mood change, short attention span, irritable	

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STEP	ACTION	✓
6	Recognize symptoms of stress: frustration, anger, tired even after rest, physical problems interfering with eating & sleeping, lack of confidence, forgetfulness	
7	Situation permitting, deal with stress. Give immediate attention, reassurance; rest and food. Pair with buddy	
8	REINFORCE eating/sleeping schedules for all personnel, especially leaders	