

AUGUST 2020

# QUIT BRIEF



## STAY ALERT WITHOUT NICOTINE

**W**hether it's long days of training or standing watch, staying alert is critical for any mission. While some Service members may use tobacco products (including e-cigarettes) for a quick boost, the nicotine stimulant in the products is addictive and harmful.

Share these healthy alternatives with Service members so they can stay alert on duty without nicotine:

- **Strive for quality sleep.** Nicotine may help you stay alert in the short-term, but it can't replace sleep. In fact, it actually **disrupts sleep**. Use these **sleep tactics** (like taking a quick nap) and if you continue to have trouble sleeping, talk to your health care provider.
- **Stimulate your senses.** Keeping all five senses active helps your brain become more alert to its surroundings. Keep in mind that nicotine limits your senses (like taste and smell). Instead, try these options based on your environment: talk with a buddy, stretch or exercise your mind with a puzzle.
- **Create healthy routines.** Do you start your day by using a tobacco product? Swap that out with a strong morning routine like drinking lemon water to get your metabolism going or exercising. This upgraded routine will naturally keep you energized and focused throughout the day.
- **Consider using moderate caffeine.** If you still need a quick brain boost, try coffee or caffeine gum as safer alternatives to nicotine. When an **appropriate amount** is used, caffeine increases mental performance (like attention and alertness) and physical performance (like endurance).

Staying alert is a top priority for Service members. Remind them that nicotine in tobacco products can be **harmful to their health** and if they're ready to quit, share this **activity sheet** so they can revamp their routine with healthy tobacco alternatives.

## The Campaign



Share "[4 Things You Didn't Know About Nicotine and Tobacco](#)" with Service members so they can learn how nicotine and tobacco affect readiness. Remind them that there are alternative, healthy ways to stay mission ready without tobacco products.

## The Latest In Tobacco

With the Tobacco 21 Law going into effect on August 1, continue promoting cessation services by sharing the following resources: [24/7 Quit Tobacco Live Chat](#) and [text messaging programs](#). Take this opportunity to support Service members who are thinking about quitting tobacco, and encourage them to ask their provider about medications to help them quit.

**YOU CAN QUIT<sup>2</sup>**

ycq2.org

Share how you use our resources to promote tobacco cessation on your installation.

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