



# Are You in Debt With Sleep? Implementation Guidance

## Description

Insufficient sleep changes our bodies on a molecular and hormonal level, which has far-reaching effects on our mental and physical wellness. Receiving an adequate amount of sleep impacts our reaction time and decision making. In this podcast, Chief Cory Tchida of the Georgetown, Texas, Police Department talks to Chief Steve Petrilli of the Normal, Illinois, Police Department about the importance of sleep on our bodies systemically and how officers and department executives can make sleep a focus for holistic wellness.

## Suggested Activities for Executives and Administrative Team Staff

1. Listen to this podcast.
2. Distribute or assign this podcast to all officers, including agency executives and command staff members.
3. Lead a discussion with command staff members and executive leadership regarding ways to educate your agency and to prioritize and promote healthy sleep habits.
4. Evaluate next steps that your agency could take, including changes to policies and procedures.
5. Conduct training on the importance of sleep and ways to promote healthy sleep habits.

## Takeaways

- Prioritize sleep as part of your agency's physical wellness plan.
- Inadequate sleep impacts our response to insulin.
- Remember that many agencies are facing staffing shortages that compound existing sleep issues, like shift work, for officers.

## Resources

Sleep Deprivation Video:

<https://www.valorforblue.org/eLearning/SleepDeprivation>

The Benefits of Sleep Podcast: <https://www.valorforblue.org/eLearning/The-Benefits-of-Sleep>

Got a Minute? Poster:

<https://www.valorforblue.org/Clearinghouse/1350/Got-A-Minute-Let%27s-Talk-About-Sleep->

Sleep Well, Be Well Poster:

<https://www.valorforblue.org/Clearinghouse/1202/Sleep-Well-Be-Well>

Center for Disease Control and Prevention Article—Driving Drowsy:

[https://www.cdc.gov/sleep/about\\_sleep/drowsy\\_driving.html](https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html)

## Speaker Biographies

**Chief Cory J. Tchida** has more than 25 years of experience in law enforcement. He has been with the Georgetown, Texas, Police Department for more than 24 years, beginning his career as a patrol officer and working through the ranks. Chief Tchida created a workload metric tracking system for patrol officers, coordinated department training, conducted a complete rewrite of the standard operating procedures for the Narcotics Unit, and reformed the Traffic Unit. Over the course of his career, he has received numerous honors, including the Georgetown Police Chief's Award and the City of Georgetown Manager of the Year Award. Chief Tchida earned a master of science degree in criminal justice leadership and management from Sam Houston State University and a bachelor of arts degree in government from the University of Texas at Austin. He is a 2014 graduate of Northwestern University's School of Police Staff and Command and a 2018 graduate of the FBI National Academy Session #272.

**Chief Steve Petrilli** is chief of police for the Normal, Illinois, Police Department. Previously, he served as assistant chief of operations. Chief Petrilli is responsible for specialty units to include the Emergency Response Unit, Sniper Unit, Canine Unit, Crisis Negotiation Team, Problem Oriented Policing Unit, Traffic Enforcement Unit, and the Firearm Range Instructor Unit. He is a former college athlete, a certified physical preparation specialist, a CF-L1 trainer, and has successfully completed L-1 Power Athlete Methodology Training, CrossFit Law Enforcement Application Specialty Training, and Lee Taft Speed School. Chief Petrilli has extensive strength and conditioning coaching experience. He has trained thousands of private sector clients, first responders, military, youth, and high school and collegiate level athletes. He instructs on the topic of officer health, wellness, and fitness nationwide. Chief Petrilli is a current adjunct faculty member for the National Command and Staff College. He serves as a consultant for the metabolic health technology company ELEXR. He is also the founder of First Responder Health and

Wellness, LLC. A recipient of numerous awards and accommodations, Chief Petrilli is a graduate of the Northwestern University School of Police Staff and Command Session #250, earned a bachelor's degree from Illinois State University, and is a graduate of the FBI National Academy Session #264.

This project was supported by Grant No. 2018-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics; the National Institute of Justice; the Office of Juvenile Justice and Delinquency Prevention; the Office for Victims of Crime; and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.