

SIXTY TWO ROMEO FOR LAW ENFORCEMENT

ONE NAVY SEAL'S
MISSION TO IMPROVE
FIRST RESPONDER HEALTH
THROUGH SLEEP

WATCH THE
DOCUMENTARY

HERE



In loving memory of Chris Zamora.

*Sixty Two Romeo is our chance to give back
to those who have served*

Robert Sweetman
Founder of
Sixty Two Romeo



Welcome to Sixty Two Romeo, a veteran non-profit focused on delivering the highest quality of care to veterans and first responders. Our Six-Week program is design to improve sleep through simple techniques. It is for veterans by veterans. The best part is it works!

The four pillars of Sixty Two Romeo are light & sound therapy, sleep education, relaxation techniques, and cognitive behavioral education. Each of these methods have been proven to improve sleep independently, but never combined into one comprehensive program.

From the beginning, participants have a high level of engagement with the Sixty Two Romeo team. Each week they learn more about sleep and pick up techniques they can use for the rest of their lives. With just one hour per week and five minutes per day, participants can completely reshape their sleep in just six weeks.

I encourage you to look through this workbook and discover how our process works. When you are ready, reach out to for next steps. Visit 62romeo.org for more information.

V/r,

Robert
rob@62romeo.org

Robert Sweetman

Gaurav Mishra
M.D.



Consistency is the key to positive sleep outcomes. The Sixty Two Romeo program trains you with sleep behaviors that lead to positive sleep health. ”

Jason Tuschen
Command Master Chief SEAL (Ret)



The 62R Program was very insightful. It gave a lot of knowledge that you can use... it can certainly have a positive impact on your sleep. ”

Janel Norton
Yoga and iRest expert



Sixty Two Romeo allows you to take advantage the world's best relaxation techniques. ”

Brad Schriefer
Lieutenant, Anne Arundel County
Fire Dept.



After 22 years in the fire service, I learned that I had terrible sleep habits. Habits that were taking a toll on me personally and professionally. It was time for a change. 62Romeo was that change. ”

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PROGRAM PERFORMANCE



**SLEEP LATENCY REDUCED
BY 38.4%**



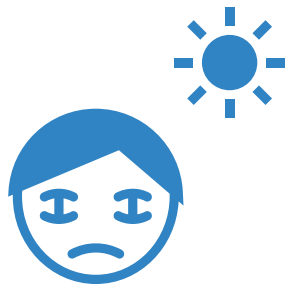
**DEEP SLEEP INCREASED
BY 29.2%**



**REM SLEEP INCREASED
BY 36.7%**



**ANXIETY REDUCED
BY 67% (GAD-7)**



**INSOMNIA REDUCED
BY 49% (ISI)**



**SLEEP QUALITY INCREASED
BY 61% (PSQI)**

HOW DO WE KNOW WHEN OUR SLEEP IMPROVES



OBJECTIVE



Sleep Diary
Fill this out daily please.

Full Name *

Your answer _____

What time did you go to bed last night? *

Time

__ : __ AM ▾



SUBJECTIVE

FOUR PILLARS

LIGHT & SOUND THERAPY

SLEEP EDUCATION

RELAXATION TECHNIQUES

COGNITIVE BEHAVIORAL
THERAPY



WEEKS ONE - SIX



WEEK 1 - INCIPIIT



Rule #1 It's OK if you don't get perfect sleep every night.

Sleep is a condition of the body and mind that recurs for several hours every night. During sleep, the nervous system is relatively inactive, eyes are closed, muscles relaxed, and consciousness is suspended. Sixty Two Romeo is a six-week program for sleep restoration. Incipit, which means "beginning" in Latin, is the first session, which clarifies the science behind Sixty Two Romeo, its educational goals and outcomes, the science of sleep, sleep stages and circadian rhythms.

This Week's Instructions:

Use the Sleep Measurement device.

Fill out your Sleep Diary.

WEEK 2 - AMET



Rule #2 You are in control of your sleep.

The bedroom environment is essential to good quality sleep quality. This week's session is Amet, which means "Environment" in Latin. In this session we will discuss the importance of light, sound and temperature of your sleep environment. How do these stimuli impact my sleep? What can I do to turn my bedroom into a sleep dojo? In addition, we present the light/sound device and show you how to use the lights and sound to achieve a natural circadian rhythm. It can even schedule your relaxation techniques!

This Week's Instructions:

Use the light/sound and Sleep Measurement devices.

Control light, sound, & temperature.

Practice Relaxation Technique nightly.

Fill out your Daily Sleep Diary.

WEEK 3 - MOREM INTERVENTUS



Rule #3 Everything you do, comes back to you.

Every action has its equal and opposite reaction. Your behaviors throughout the day affect your sleep at night. Morem Interventus means “Behavioral Modification” in Latin. During this session, we will focus on how sunlight, exercise, yoga, meditation and thoughts affect your sleep. How do negative sleep thoughts impact my sleep? Does it matter if I exercise in the evening? Why do things I do during the day affect sleep?

This Week’s Instructions:

Use the light/sound and Sleep Measurement devices.

Control your sunlight, exercise and nutrition.

Practice Relaxation Technique nightly.

Fill out your Daily Sleep Diary.

WEEK 4 - CAPULUS



Rule #4 What you consume, consumes you.

Coffee, food, drugs, alcohol, and sleeping pills can negatively affect your sleep. In our fourth session, Capulus, which means “Coffee” in Latin, we’ll discuss how the things that we consume can make it more difficult for us to fall asleep at night. They can also demolish deep sleep, inhibit dreams and make sleep shorter. The session includes types of sleeping pills and their mechanism of action as well as the supplements you can use to positively impact your sleep. We will also mention some new scientific findings on how some foods have been found to help us sleep better.

This Week’s Instructions:

Use the light/sound and Sleep Measurement devices.

Avoid caffeine use after lunch.

Avoid using alcohol before sleep.

Talk to your doctor about reducing sleeping pill usage.

Practice Relaxation Technique nightly.

Fill out your Daily Sleep Diary.

WEEK 5 - HABITUS



Rule #5 Habits take 4 weeks of consistent practice to form.

Habit formation is the process by which a behavior, through regular repetition, becomes automatic or habitual. This process of habit formation can be slow. By now we have started to notice some considerable changes in our sleep and it will get even better! There are 3 main components to habit formation: the context cue, behavioral repetition, and the reward. During Habitus, which means “Habit” in Latin, we get to talk about some of the great habits we are starting to develop. It’s important to implement all of the things we learned so far to have an incredible fifth week.

This Week’s Instructions:

Use the light/sound and Sleep Measurement devices.

Practice perfect sleep hygiene.

Practice Relaxation Technique nightly.

Fill out your Daily Sleep Diary.

WEEK 6 - COMPARATIO



Rule #6 Measurements are just measurements.

By now, you have learned a ton about sleep and have created behaviors that improve your sleep. In our last session, Comparison, which means “Comparison” in Latin, we will discuss hypnograms, the pros and cons of different sleep measurement devices, and how use them. This is the last week to really show how good you can sleep, but, this is not the end. This is the beginning of your journey to achieve optimal sleep and be the best version of yourself. You are now a sleep ambassador and can go out and spread your knowledge to others!

This Week's Instructions:

Use the light/sound and Sleep Measurement devices.

Practice perfect sleep hygiene.

Practice Relaxation Technique nightly.

Fill out your Daily Sleep Diary.

FOUNDER'S STORY

Robert Sweetman
Founder of
Sixty Two Romeo



Robert joined the Navy at 28 years old to become a Navy SEAL. By 29 he completed BUDS class 284, where he sustained a quadruple hernia requiring surgery. He served for eight years where he did two deployments with SEAL Team Seven and became an instructor at Advanced Training Comand. He was medically retired after a back injury but had multiple other “hidden” injuries. Those included Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Obstructive Sleep Apnea and Insomnia. Robert tells the story of using Ambien to go to sleep and stimulants to wake up. At one point in time he was using to NyQuil to go to sleep at night.

Then, on April 23rd, 2017, one of Robert’s platoon mates, Ryan Larkin, took his own life. Ryan had been struggling with sleep for a long time along with PTSD and TBI. Robert was impacted by Ryan’s death and took it upon himself to better understand why this happened. Ryan’s father Frank launched research on TBI while Robert dove into sleep science. After years of research, Robert discovered the bi-direction relationship between sleep and mental health. Poor sleep can cause mental health conditions to include suicidality. Robert dedicated his life to the study of sleep science to help all people, especially veterans. Four years later, he founded Sixty Two Romeo.

Robert’s research surrounded the impact of light, sound and temperature on the neurological function of sleep. This became one of the pillars of Sixty Two Romeo. He quickly realized that most people did not understand how sleep works, so he created the second pillar, sleep education. Then he noticed the most common problem with sleep was anxiety before bed, so he found the best relaxation coaches in the world and added the third pillar, relaxation techniques. Finally, Robert discovered that thoughts surrounding sleep had an incredible impact, so he added educational material from Cognitive Behavioral Therapy for Insomnia (CBTi) theory as a fourth pillar. These four pillars made the foundation for the Sixty Two Romeo program and is responsible for the incredible success it has achieved. LLTB

