

## **Sleep and Performance Enhancement**

- Sleep is the first tenant of the Performance Triad and affects both activity and nutrition.
- Aim for 7-8 hours of sleep every 24 hour period, naps count!
- Get extra sleep when possible to pay off your sleep debt and resupply your sleep bank.

### **Sleep and Activity**

- Sleep is necessary for recovery and repair of muscle after a workout.
- Adequate sleep fosters mental fortitude and concentration, allowing athletes to push themselves harder and maintain proper form.
- Sleep stimulates the production of human growth hormone and testosterone. There's no need to take unsafe and expensive "muscle boosters" when you can boost these anabolic hormones naturally and for free with sleep.

### **Sleep and Nutrition**

- Sleep 8 to help manage you weight. Studies have shown that people who don't get the recommended 7-8 hours of sleep each night weigh more than those who do.
- Lack of sleep increases cortisol, a hormone that is associated with increased abdominal fat.
- Sleep deprivation increases ghrelin, a hormone that stimulates the appetite.
- When we are fatigued we typically reach for refined carbohydrates such as sodas, juices, candy, sweets, and chips for quick energy. We get a sugar high that is often followed by a sugar crash and the subsequent craving for more refined carbohydrates. Prevent this cycle by balancing snacks with foods that contain fiber and protein. Try a piece of fruit with nuts, string cheese and whole wheat crackers, low fat yogurt and a granola bar.

### **Other Tips to Help You Sleep**

- No caffeine (energy drinks, coffee, caffeinated soda or caffeine-containing supplements) within 6 hours of lights out.
- Finish PT 3 hours before lights out.
- Establish a wind-down routine starting 30-60 minutes before lights out. Stop using electronics, read or listen to relaxing music instead.
- Empty your bladder just before lights out so the need to urinate won't interrupt your sleep.
- Wake up at the same time every day of the week.
- Use soft foam earplugs and a sleep mask or room fan to block noise/light.

**Getting adequate sleep is vital for peak performance.** Talk to your doctor if you're having trouble getting the recommended 7-8 hours each day.