

Sleep: The Performance Enhancer

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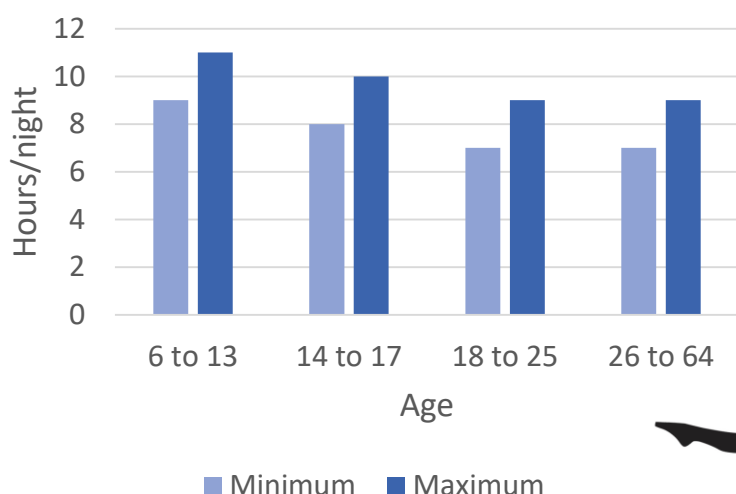
Sleep plays a major role in protein synthesis, growth hormone release, mood, cognitive ability, pain perception and immunity as well as overall recovery.

< 8hrs
of sleep



- 1.7 x more likely to be injured
- Decreased reaction time
- Increase in fatigue & muscle tension
- Decreased muscle force
- Increased muscle & joint pain
- 30% decrease in time to fatigue

How much sleep is recommended?



How to improve your sleep hygiene?



- Maintain regular sleep & wake times
- Create a bedtime routine
- Keep quiet, cool & dark bedroom
- Avoid caffeine & other stimulants
- Avoid alcohol & narcotics
- Decrease use of light emitting electronics prior to bed
- Use of relaxation techniques

Sources:

<https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-effects-of-sleep-deprivation>

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Making Injury Prevention Your Key to Success