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

- 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:
The Peter Attia Drive. April 15, 2019. Matthew Walker, Ph.D. Part 3 of 3

Making Injury Prevention Your Key to Success