

WHY SLEEP?

No one knows completely why we sleep, but without sleep, we cannot think as clearly or process information. In addition, we lose coordination and function of our muscles and muscle movement patterns.

- Sleep clearly gives the body and brain time to recover
- Sort out daily events/information
- Build and rebuild muscle
- Allows organs to rest and recover
- Downloads critical movement patterns to brain circuitry and catalogs them in movement and pre-movement sectors of the brain

CREATING A POSITIVE SLEEP SYSTEM

- Sleep in a comfortable bed
- Create a technological sundown by turning off electronics 90 minutes prior to bed
- Avoid exposure to bright lights, LCD or Blue light from TV laptops or phones
- Move the clock out of sight
- No caffeinated drinks after dinner
- No sugar after dinner
- No drug use. Alcohol and Marijuana
- Drink plenty of water
- No physical stress prior to sleep
- Don't use stimulants prior to sleep
- Don't use stimulants to attempt to overcome deficits of sleep debt
- Don't go to bed on a full stomach
- Don't go to bed on an empty stomach
- Drink 10 oz. of casein protein before bed for maximum muscle gain if training occurred during the day
- Keep your bedroom completely dark, quiet and cool (68-72 degrees)
- Take brief naps (less than 30 minutes) to obtain additional sleep during the day if drowsy.
- Maintain a consistent schedule
- Consider sleep a part of the "training regimen"

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