

Sleep - Recovery Gold

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Happy
Birthday....

Congratulations to
Chris & all at Crossfit
Nickel City



Sleep

- ✦ Cognitive function - memory
- ✦ Mood
- ✦ Digestion
- ✦ Cell repair
- ✦ Growth
- ✦ Cardiac



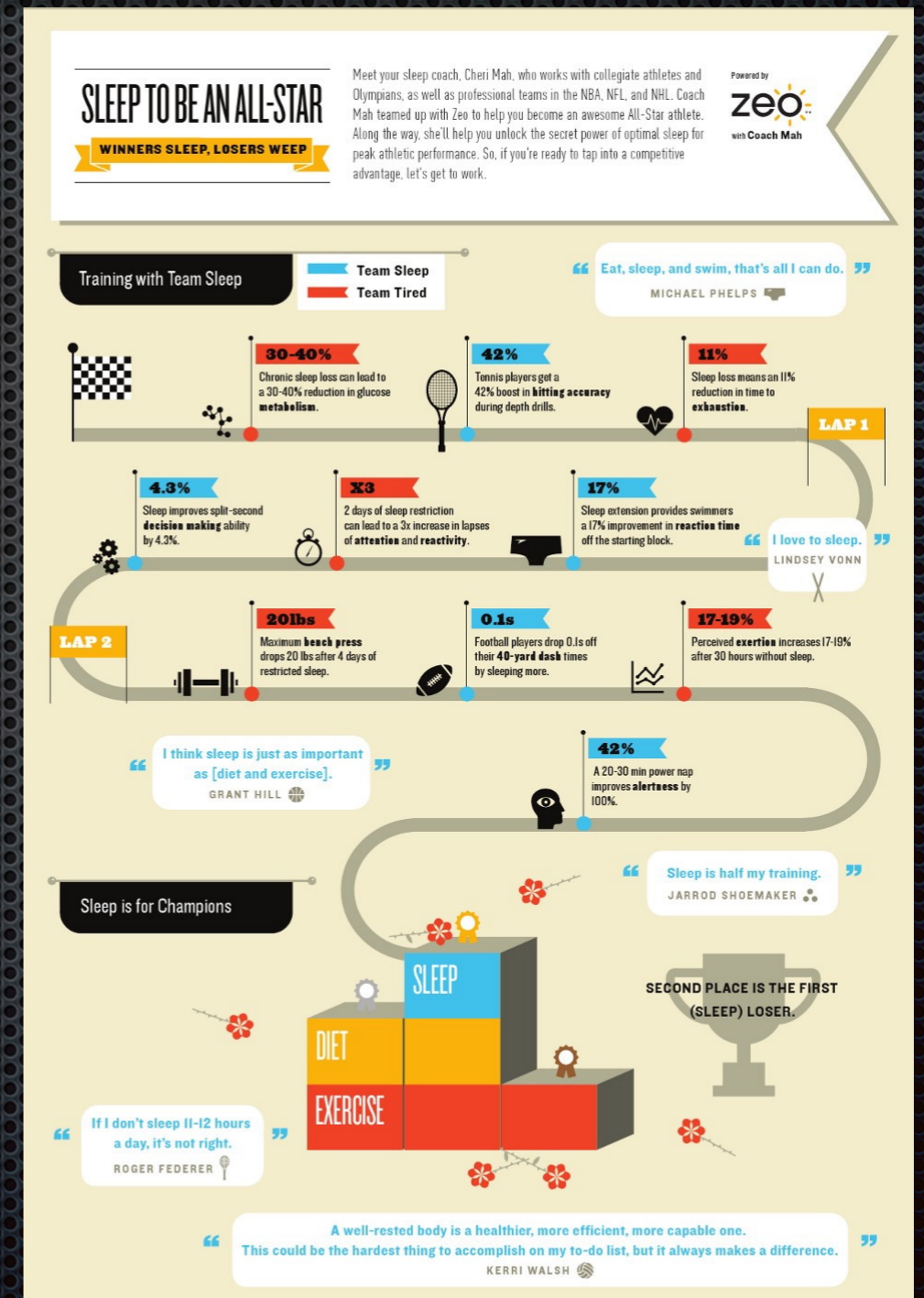
Power Naps

- ✦ Increases alertness by 54% for 3 hrs after waking
- ✦ Limit to 20 - 30 minutes
- ✦ Drink a caffeinated drink before your nap



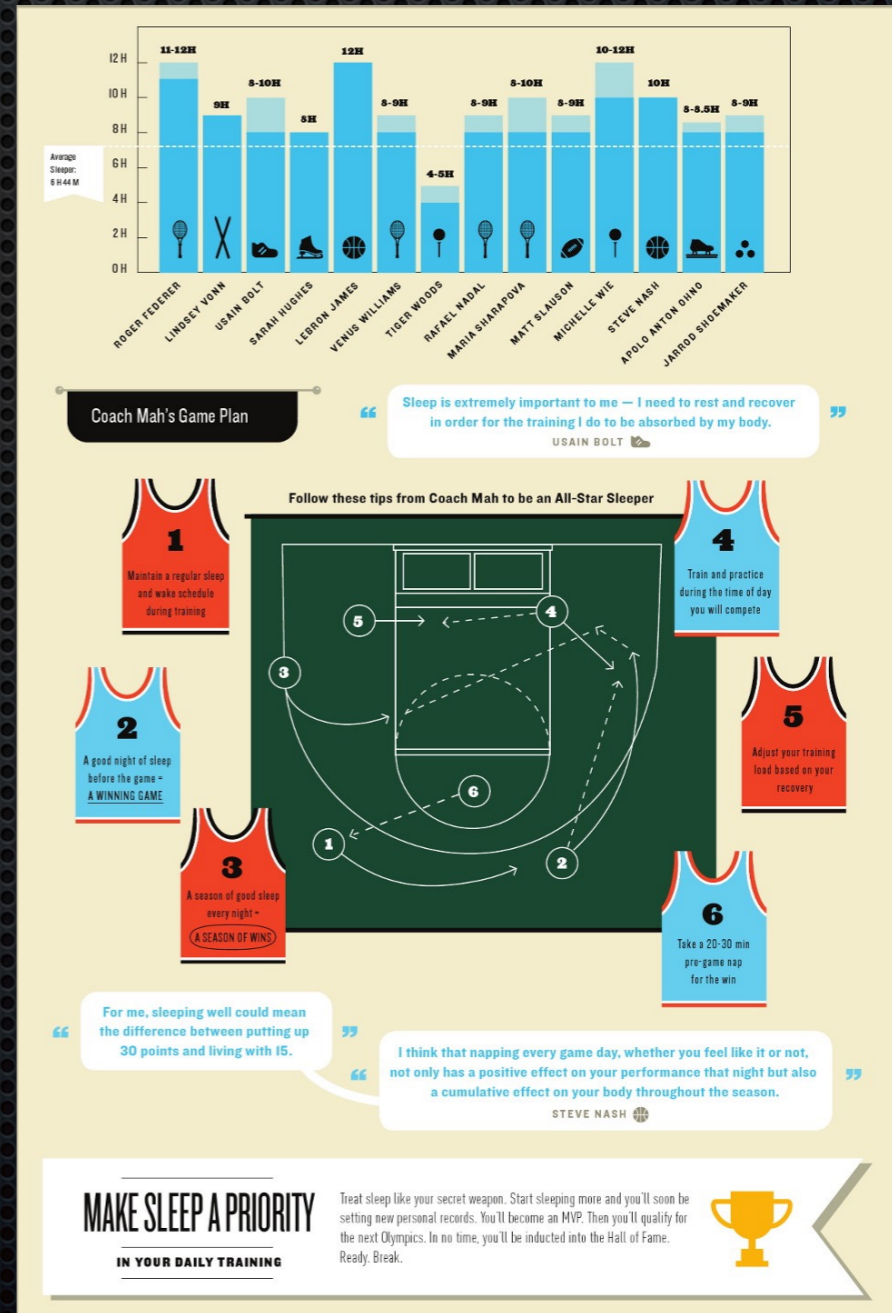
Sleep Extension

- ✦ Improves reaction times
- ✦ Improves skill performance



Nightly Sleep Quota

✦ 8 - 10 hours per night



Sleep Debt

- ✦ Less sleep accrues a sleep debt
- ✦ Paying back sleep debt can take weeks
- ✦ Daytime tiredness indicates a sleep debt



Pre-Sleep Preparation

- ✦ Relax body & mind 30 minutes before sleep
- ✦ Routine
- ✦ Eliminate blue light



Avoid Alcohol

- Initial increase in slow wave sleep but suppression of REM
- Subsequent increase in REM & shallower sleep
- Interferes in relationship between sleep & HRV
- Interferes with restorative function & shortens latency



Sleep Efficiency

- $\text{Time in bed} \div \text{Time asleep}$
- Aim for 85%



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Thank You
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