

A photograph of a bed with white pillows and a white duvet cover. A black metal headboard is visible, and a black adjustable lamp is mounted on the wall above the bed. The lamp is turned on, casting a warm glow. The background wall is a light gray.

# SLEEP

---

THE MISSING PIECE OF THE PUZZLE



# WHAT IS SLEEP?

SLEEP IS MADE UP OF A FEW DIFFERENT STAGES,

HERE'S A BRIEF OVERVIEW OF ALL THE THINGS YOU NEED TO KNOW

WHEN WE FIRST DRIFT OFF TO SLEEP WE ENTER NON REM SLEEP, THIS IS MADE UP OF 4 STAGES

STAGE 1 - THE FIRST STAGE OF SLEEP WHEN WE DRIFT INTO LIGHT SLEEP, OUR MUSCLES BEGIN TO RELAX AND OFTEN CONTRACT SUDDENLY

STAGE 2 - EYE MOVEMENT'S STOP AND OUR BRAIN WAVES SLOW EVEN FURTHER

STAGE 3 - DEEP SLEEP BEGINS, THIS IS WHEN YOUR BRAIN BEGINS TO PRODUCE DELTA WAVES. THESE WAVES ARE THE SLOWEST OF ALL BRAIN WAVES AND THEY STIMULATE THE RELEASE OF SOME VERY IMPORTANT HORMONES. IN PARTICULAR GHRH (GROWTH HORMONE RELEASING HORMONE) WHICH STIMULATES THE PITUITARY GLAND TO RELEASE GROWTH HORMONE & PROLACTIN WHICH HELPS PROMOTE RECOVERY & RESTORATION.

REM – BREATHING BECOMES MORE RAPID, OUR EYES BEGIN TO MOVE RAPIDLY AND OUR HEART RATE INCREASES. THIS IS THE STAGE WHERE DREAMS MOSTLY OCCUR, IF WOKEN DURING REM YOU CAN USUALLY REMEMBER YOUR DREAMS. REM SLEEP IS REGULATED BY CIRCADIAN RHYTHM & PLAYS AN IMPORTANT ROLE IN RE-ENERGIZING THE BODY & MIND, IT IS ASSOCIATED WITH MEMORY CONSOLIDATION, LEARNING & CREATIVITY.



# WHY IS SLEEP IMPORTANT?

WHEN IT COMES TO FAT LOSS, SLEEP IS ONE OF THE MOST OVERLOOKED PIECES OF THE PUZZLE. OFTEN PEOPLE THINK THAT BY DOING MORE THROUGHOUT THE DAY & SACRIFICING SLEEP FOR MORE CALORIE BURNING ACTIVITY THEY'RE DOING THEMSELVES A FAVOUR. THIS COULD NOT BE ANY FURTHER FROM THE TRUTH.

SLEEP IS THE ULTIMATE RECOVERY TOOL, BECAUSE OF ALL THE PROCESSES THAT HAPPEN WHILE WE SLEEP A NUMBER OF THINGS HAPPEN

## WHAT HAPPENS WHEN WE SLEEP?

- CELLS REGENERATE & THE BODY HEALS ITSELF
- HORMONES ARE REGULATED WHICH CAN PLAY A MAJOR ROLE IN RECOVERY & ALSO IN SATIETY (STAYING SATISFIED FROM EATING)
- THE DAYS EVENTS & INFORMATION ARE FILED AWAY NEATLY & PROGRAMS ARE RESET (KIND OF LIKE RESTARTING A COMPUTER)
- THE CARDIOVASCULAR SYSTEM RECHARGES FOR ANOTHER DAY OF WORK
- IT BOOSTS YOUR IMMUNE SYSTEM

THE HEALTH BENEFITS ARE ENDLESS!

# HOW TO MAXIMISE SLEEP

- LIMIT CONSUMPTION OF CAFFEINATED BEVERAGES TO BEFORE 2PM
- NO BLUE LIGHTS IN THE BEDROOM - PHONES, TV'S, COMPUTERS ETC
- IDEALLY AVOID BLUE LIGHTS FROM SUNSET ONWARDS  
(MINIMUM 30 MINUTES BEFORE BEDTIME)
- GET YOUR ROOM AS DARK AS POSSIBLE (BLACKOUT BLINDS) - THE SKIN IS A COMPLEX ORGAN & CONTAINS HEAPS OF PHOTORECEPTORS WHICH ARE AFFECTED BY MINUTE AMOUNTS OF LIGHT
- SET THE BEDROOM TEMPERATURE BETWEEN 18 & 22 DEGREES (IF POSSIBLE)
- BEDTIME & WAKEUP CONSISTENT TO WITHIN 1 HOUR EVERY DAY
- IMPLEMENT A BEDTIME RITUAL TO HELP YOU WIND DOWN & DESTRESS (JOURNALING, MEDITATION, MINDFUL BREATHING ETC)
- AVOID ALCOHOL - IT AFFECTS HORMONES, REDUCES THE EFFECTS OF MELATONIN & CAUSES SLEEP DISRUPTIONS
- REGULAR TRAINING SESSIONS (PREFERABLY NOT TOO CLOSE TO BEDTIME)

## SLEEP RITUAL CHECKLIST

BY IMPLEMENTING THE FOLLOWING CHECKLIST YOU CAN BEGIN TO SEE TRENDS AND START TO ASSOCIATE THEM WITH SPECIFIC HABITS & BEHAVIOURS, THIS CAN BE A VERY POWERFUL TOOL WHEN IT COMES TO IMPROVING YOUR SLEEP QUALITY

	M	T	W	T	F	S	S
PREVIOUS NIGHT SLEEP SCORE (1-10)							
NO CAFFEINE AFTER 2							
NO BLUE LIGHTS IN THE BEDROOM							
TRAINED TODAY							
NO ALCOHOL TODAY							
FOOD FOR THE DAY SCORE (1-10)							



# RELAXING BREATH WORK

---

THE 4-7-8 BREATHING EXERCISE IS UTTERLY SIMPLE, TAKES ALMOST NO TIME, REQUIRES NO EQUIPMENT AND CAN BE DONE ANYWHERE. ALTHOUGH YOU CAN DO THE EXERCISE IN ANY POSITION, SIT WITH YOUR BACK STRAIGHT WHILE LEARNING THE EXERCISE.

PLACE THE TIP OF YOUR TONGUE AGAINST THE RIDGE OF TISSUE JUST BEHIND YOUR UPPER FRONT TEETH, AND KEEP IT THERE THROUGH THE ENTIRE EXERCISE. YOU WILL BE EXHALING THROUGH YOUR MOUTH AROUND YOUR TONGUE; TRY PURSING YOUR LIPS SLIGHTLY IF THIS SEEMS AWKWARD.

EXHALE COMPLETELY THROUGH YOUR MOUTH, MAKING A WHOOSH SOUND.

CLOSE YOUR MOUTH AND INHALE QUIETLY THROUGH YOUR NOSE TO A MENTAL COUNT OF FOUR.

HOLD YOUR BREATH FOR A COUNT OF SEVEN.

EXHALE COMPLETELY THROUGH YOUR MOUTH, MAKING A WHOOSH SOUND TO A COUNT OF EIGHT. THIS IS ONE BREATH. NOW INHALE AGAIN AND REPEAT THE CYCLE THREE MORE TIMES FOR A TOTAL OF FOUR BREATHS.

WITH PRACTICE YOU CAN SLOW IT ALL DOWN AND GET USED TO INHALING AND EXHALING MORE AND MORE DEEPLY. THIS BREATHING EXERCISE IS A NATURAL TRANQUILIZER FOR THE NERVOUS SYSTEM. UNLIKE TRANQUILIZING DRUGS, WHICH ARE OFTEN EFFECTIVE WHEN YOU FIRST TAKE THEM BUT THEN LOSE THEIR POWER OVER TIME, THIS EXERCISE IS SUBTLE WHEN YOU FIRST TRY IT, BUT GAINS IN POWER WITH REPETITION AND PRACTICE.

ONCE YOU DEVELOP THIS TECHNIQUE BY PRACTICING IT EVERY DAY, IT WILL BE A VERY USEFUL TOOL THAT YOU WILL ALWAYS HAVE WITH YOU. USE IT WHENEVER ANYTHING UPSETTING HAPPENS – BEFORE YOU REACT. USE IT WHENEVER YOU ARE AWARE OF INTERNAL TENSION OR STRESS. USE IT TO HELP YOU FALL ASLEEP.

# HOW MUCH SLEEP?

Athlete

⋮

The Health  
Zone

⋮

Not enough

⋮

<7

7 - 9

9+