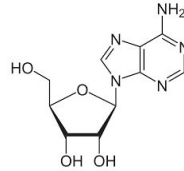


Sleep and the importance of it



Why do we need sleep?

- Sleep is a necessary function that all humans require in order to restore our bodies.
- Adenosine is an active chemical in our brains that becomes built up the more we stay awake, it is thought that by sleeping, the brain can clear itself of adenosine leading to wakefulness the next time you wake up.



Sleeping and muscle repair

- It is recommended that athletes get a good 7-9 hours of sleep a night in order to repair muscle fibers.
- During sleep, a special growth hormone is released that helps build muscle tissue and weakens the feeling of soreness after a workout



Sleep and health problems

- You can experience the following from a repeated cycle of a lack of sleep: High blood pressure, diabetes, heart attack, heart failure stroke, obesity, depression, immunity impairment and lowered sex drive
- Lack of sleep causes more wrinkles



How to get better sleep

- Set a bedtime and stick to it
- Avoid light when trying to sleep and sleep in comfortable temperatures
- Make sure sleeping environment is comfortable (mattress, pillow, sheets)
- Avoid drinking coffee before bed
- Exercise in order to create tiredness



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