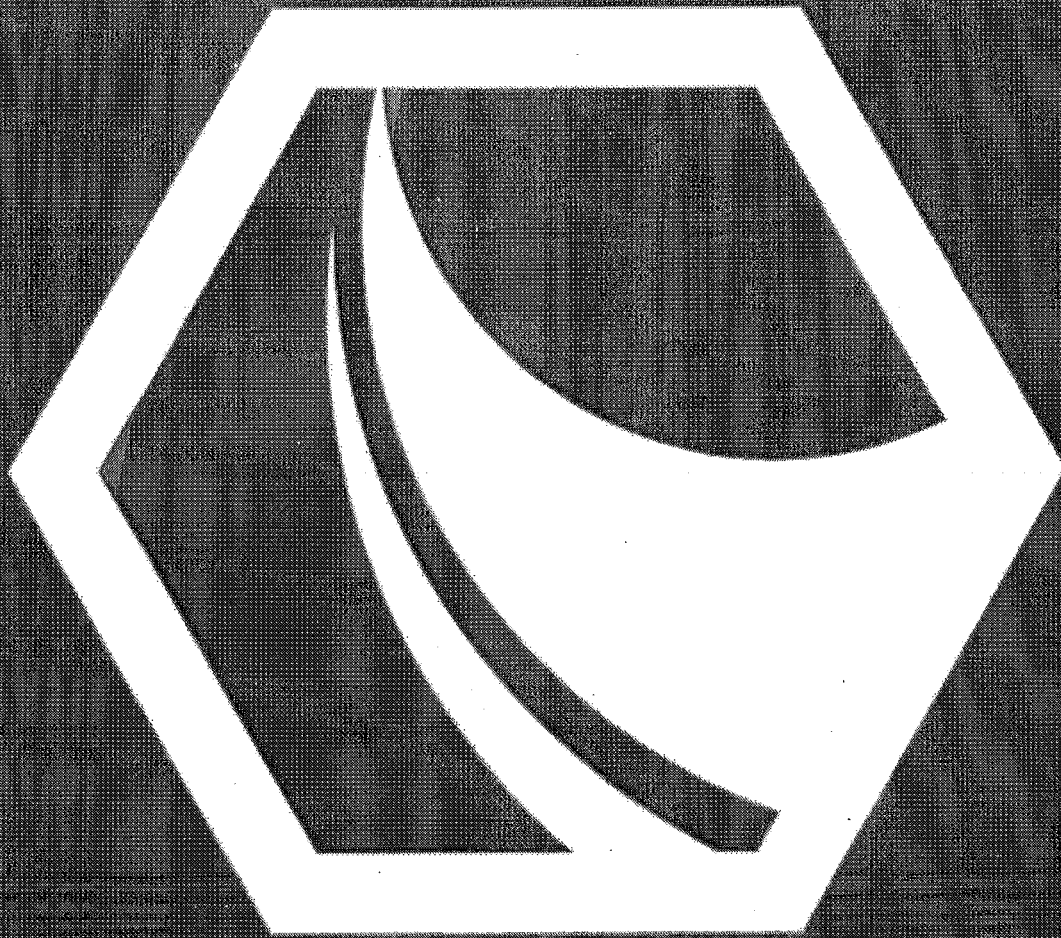
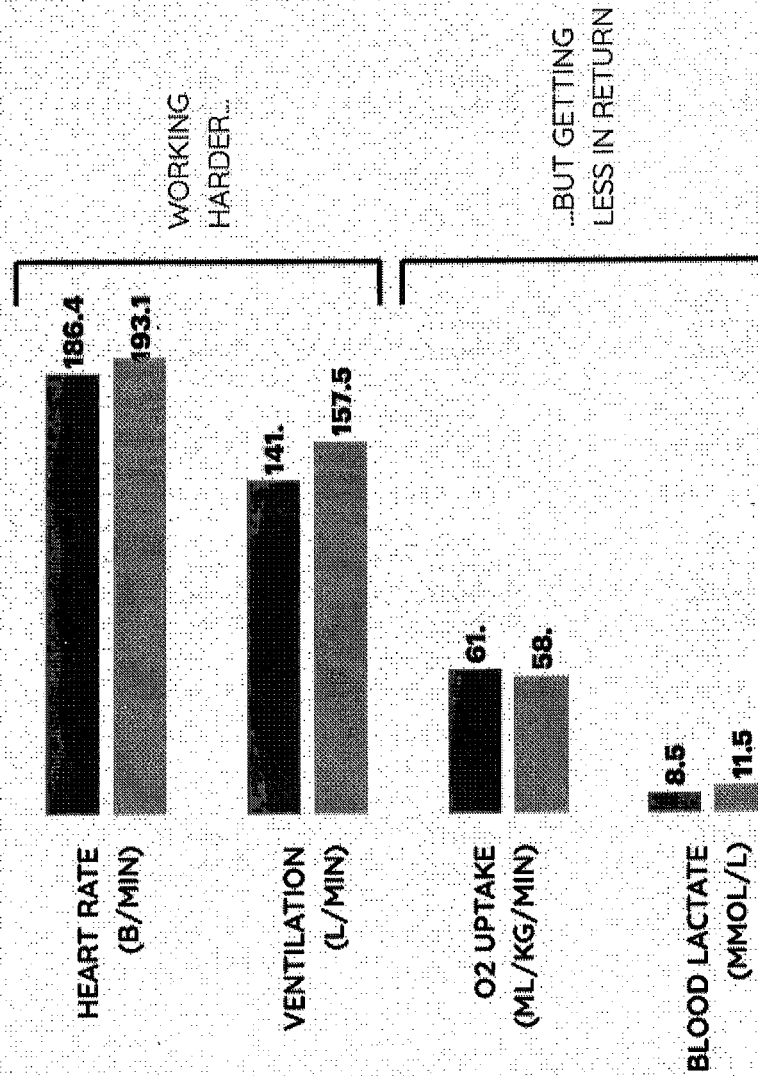


SYNERGY DRYLAND

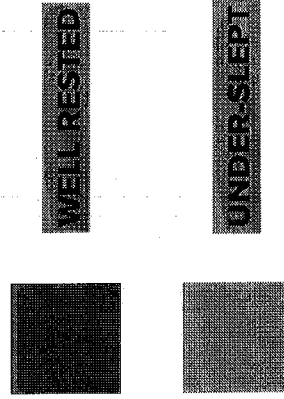
THE SECRET WEAPON: SLEEP



WHY SLEEP IS IMPORTANT?



THE LESS WE SLEEP, THE HARDER OUR BODY WORKS.



WHY SLEEP IS IMPORTANT?

- MAXIMUM BENCH PRESS DROPS 20LBS AFTER 4 DAYS OF BEING UNDER SLEPT
- HAND EYE ACCURACY IS IMPROVED 42 PERCENT IN WELL SLEPT NIGHTS VS SLEEP DEPRIVED NIGHTS
- SLEEP LOSS CAUSED 11 PERCENT REDUCTION IN TIME TO EXHAUSTION MEANING YOU GET TIRED FASTER IN A GAME
- PERCEIVED EXERTION INCREASES 17-19% WHEN SLEEP DERIVED SO THINGS SEEM HARDER THAN THEY ACTUALLY ARE
- .15 SECOND SLOWER REACTION TIME OFF THE BLOCKS WITH ONE POOR NIGHTS SLEEP

SLEEP CYCLES

- Lasts typically 90 minutes
 - Consists of NREM & REM sleep
 - Ratio of NREM sleep to REM sleep
changes dramatically throughout the night
- 1st half of night = more NREM
- 2nd half of night = more REM

BOTH ARE EQUALLY IMPORTANT

SLEEP SCHEDULE

WHEN TO GO TO BED:

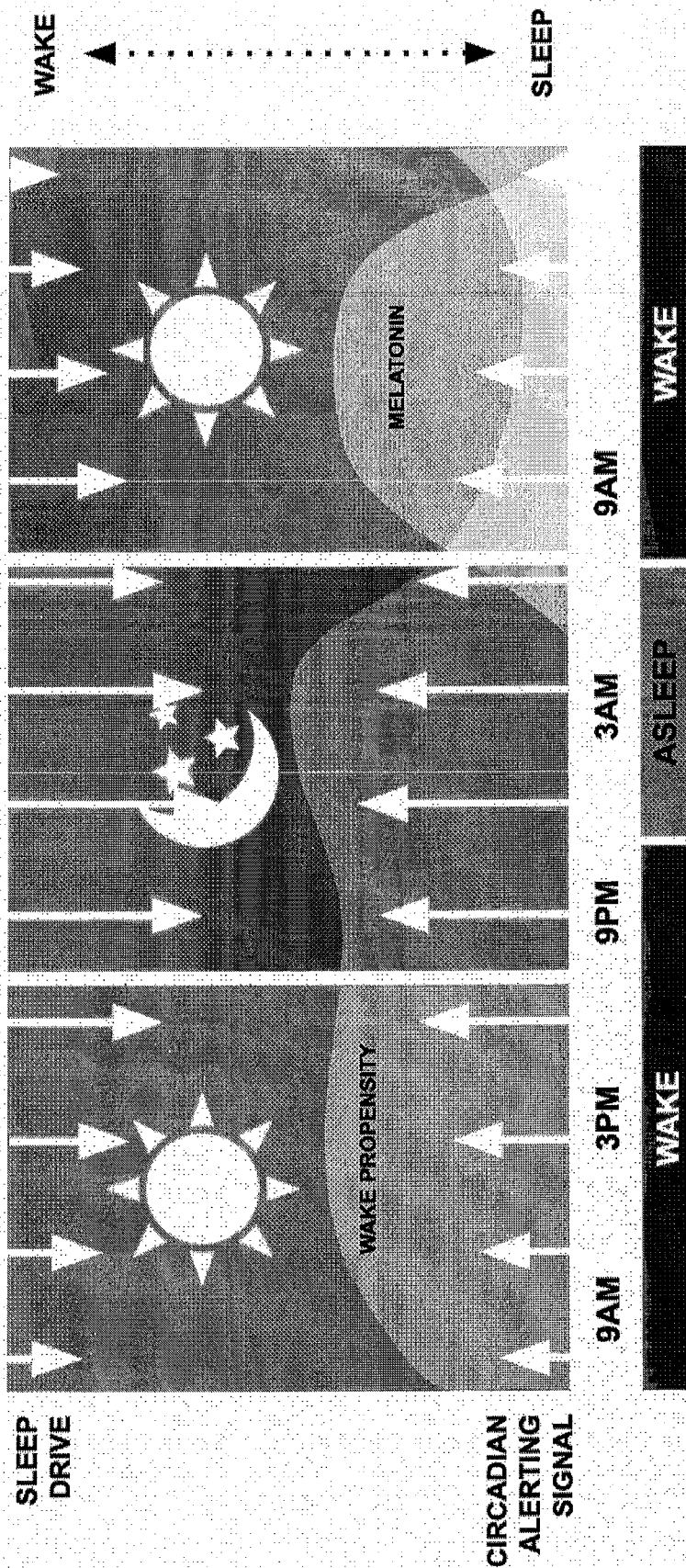
- Early enough to get the sleep you need
- Late enough to fall asleep easily
- Determined by your sleepiness

WHEN TO GET UP IN THE MORNING

- Early enough to start your day on time
- Late enough for you to get the sleep you need

Spend the right amount of time in bed to get the sleep you need. At a time that lines up with your body's natural rhythms

SLEEP DRIVE AND CIRCADIAN SIGNAL



WHAT DO WE DO NOW?

- Consistency is key, try to maintain somewhat regular wake and sleep times on both weekdays and weekends. If a meet starts early try to stay within 1 hour of that wakeup time the entire week leading up.
- Meal times signal your body's circadian rhythm, keep meals at consistent times leading up to a meet or race.
- Avoid a mega meal dinner, try making lunch the biggest meal of the day.
- Fatty cold water fish such as salmon with significant Omega-3's can have a beneficial effect on sleep.
- At dinner limit high glycemic foods (rice, sugar, desserts). Try to incorporate greens, and limit blood sugar spikes.
- Keep some melatonin handy. Before a big meet if you are feeling stressed or anxious this could be a hack to get you to sleep if you are struggling.
- Avoid stimulants in the afternoon. Do not have caffeine within 12 hours of bedtime
- Sleep masks can be helpful especially traveling to different hotels and having different levels of shades in each room.
- When flying/long drive to a meet take a cold shower upon arrival. This reduces inflammatory cytokine levels to combat stress from the flight. This also dilates blood vessels to get more nitros oxide and in turn increases glucose and oxygen provided to muscles.
- Don't force it....the worst thing you can do is worry about not being able to sleep. If you are having a hard time no worries, listen to some music, try a meditation app, you will be fine don't stress.
- Avoid screens 1 hour prior to bedtime.