

Sleep Soundly TO PERFORM BETTER



The Power of Sleep

- > Memories are consolidated
- > Creativity is enhanced
- > Immune systems recover and regenerate
- > Body fat is burned
- > Muscles repair and grow

Sleep is not a passive process

Yes, activity in our brain's cortex reduces by 40% when we're asleep. But while you are sleeping there is still a lot going on that helps you recover, restore and rebuild your body and brain.

What is sleep?

The main stages of sleep – NREM and REM – have different effects on our ability to perform. NREM sleep is when we encode memories and learn. The second half of the night, when we are in REM sleep, is when we encode procedural memories like how to perform a new physical skill or mental process.

It is also when we do subconscious creative problem solving. The fact that different aspects of recovery, regeneration, learning and creativity happen during different parts of sleep means that getting enough sleep is of utmost importance for those who want to consistently perform at their best.

National Sleep Federation sleep time recommendations:

Development Stage	Age	Recommended hours of sleep
Newborns	0-3 months	14 – 17
Infants	4-11 months	12 – 15
Toddlers	1-2 years	11 – 14
Preschoolers	3-5 years	10 – 13
School-aged children	6-13 years	9 – 11
Teenagers	14-17 years	8 – 10
Young adults	18-25 years	7 – 9
Adults	26-64 years	7 – 9
Older adults	> 64 years	7 – 8

