

16 Sleep like a Champion

Summary Resource

Let's Recap!

Module 16 - Sleep like a Champion

In module 16, you have discovered the power of sleep. We explored why sleep is essential for life and how optimising your sleep can help unlock your full potential.



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Hints Performance Coach to Formula 1 Driver, Esteban Ocon

This guide offers a quick recap on the key points covered. You can come back to it at any point throughout the course, or why not download and save it alongside your notes?

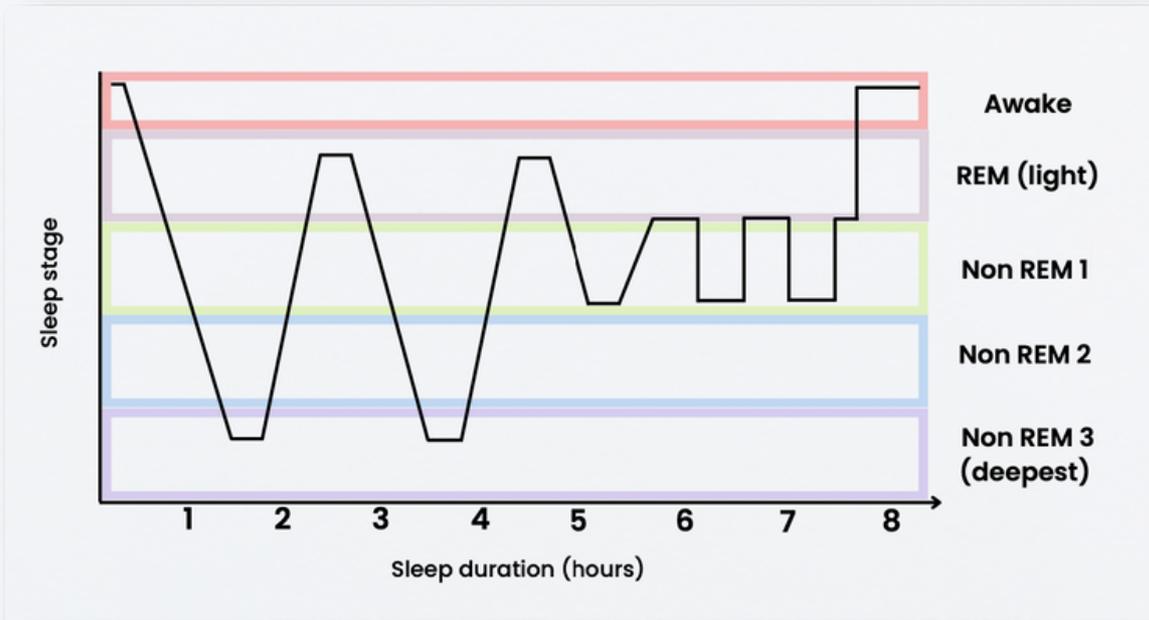
It's then yours to keep forever!

What is sleep?

Sleep is not simply going to bed. All species need sleep, which tells us that it is a biological requirement for life. Sleep is fascinatingly complex, but there are two main types of sleep we need to be aware of to help us take control of our sleep: **REM** and **non-REM**.



Good sleep = quality + quantity



Throughout the night we go through cycles of sleep, moving in and out of REM and non-REM sleep. Both types of sleep are absolutely essential for a good night of high-quality sleep.

Why do we sleep?

The brain is highly active when we sleep.

It is a time to allow storage of new and useful information. We also process emotions during sleep. The main function of sleep is to build memory and integrate information we have learned throughout the day. Good sleep therefore allows us to learn better! We also use sleep to develop, grow and repair different body tissues such as muscle and bone.

How much sleep do we need?

On average 8–10 hours of sleep is required for teenagers.

Although some people claim to function well on just 5 hours of sleep, the chances of being one of these people is 1 in 4 million! You might feel like you can function with less sleep, but unknowingly your mental and physical performance is likely to suffer.



Are you a 'night owl' or 'morning lark'?



In this module we provided the opportunity to take a mini survey where you can determine your 'chronotype' i.e. find out whether you are a morning or an evening person.

It is true that some of us are more like the morning lark (early to bed, early to rise) while others are more like the night owl (later to bed, later to rise). Some of us fall somewhere in the middle.

We don't get to choose this and it cannot be trained, it's determined by our genetic makeup.

Unfortunately, society general functions on a 9 to 5 work / school / training basis, so some of us won't be so effective at 9 am. However, we can understand our 'chronotype' and get better - sleeping when our genetics tell us we need to.



Learn what your chronotype is by completing this anonymous survey!



Note:

If you decide to take the chronotype test, the information you provide is anonymous. At the end of the test you will receive a numeric score, here's how to interpret it:

Morningness-eveningness scores range from 16-86. Scores of 41 and below indicate 'evening types'. Scores of 59 and above indicate 'morning types'. Scores between 42-58 indicate 'intermediate types' (you fall somewhere in-between).

16-30	31-41	41-58	59-69	70-86
definite evening	moderate evening	intermediate	moderate morning	definite morning

Based on the answers you provided, you will also receive some information about how to optimise your day based on your morningness-eveningness score! This information is just a suggestion to help you, it is your choice whether you wish to use it.

What happens if we don't get enough sleep?

Just one night of poor quality sleep can negatively affect our mental and physical performance. BUT, don't worry if this happens, try to accept it and be kind to yourself (it happens to all of us from time-to-time).

Napping too much (for more than 45-60 mins per day) to try and catch up on lost sleep isn't ideal as it can have a negative effect on your next night of sleep. Simply refocus on trying to get a better night of sleep the following evening.

If you are going to nap, aim for 30 minutes.



There are several major problems with not getting enough sleep on a regular basis. When it comes to nutrition, studies have shown that when we are sleep deprived we are more likely to consume more calories (energy) than we need; mainly in the form of extra snacks.

Consistently sleeping for less than 8 hours each night makes it much more difficult for the body to make good decisions and retain essential information. Staying up very late to study isn't wise - you won't retain much, if any, of that information.

What do high performers say about sleep?

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"We see in elite athletes that when they do not get enough sleep, their performance is often impaired."



Galal Yafai,
Olympic Gold Medalist,
Professional Boxer

"When you understand how beneficial high quality sleep is for your mental and physical health, you will always prioritise this in your routine."



Does nutrition affect our sleep?

Absolutely! In this section, we will focus on the main factors that can have a big impact on your sleep.

1

Caffeine

A stimulant that functions to keep us awake and alert. Found in beverages such as coffee, tea and energy drinks (such as Monster, Relentless, Reign, Red Bull etc) as well as in foods such as dark chocolate and some energy bars.

A little caffeine isn't necessary bad for us, but we should be aware that consuming caffeine after 12 noon can negatively affect our ability to fall asleep.

Why? Because caffeine has what is known as a 'half life', and its half life is approximately 8 hours. This means that 50% of the caffeine you consume is still in your system 8 hours after you consume it, which is enough to affect your sleep - even if you don't still feel the effect of it.

2

Large meals close to bedtime

Large meals consumed close to bed time (up to 2.5 hours before bed) can also have a negative affect on your sleep due to digestion and bloating. Fast foods that are high in saturated fats can also have a negative affect on your sleep quality, so should be consumed only in moderation (there are many other negative health consequences of fast foods other than just poor sleep!).

3

Small snack that is rich in protein

If you do get peckish in the evening, a small snack that is high in protein is a good idea. This can be digested and made available for different tissues that need it during sleep. Cow or soya milk, greek or natural yoghurts are good choices and also provide calcium to support developing bones.

4

Drinking lots of fluids before bed

Drinking lots of fluids before bed may also cause you to wake up in the night to visit the toilet, thereby disrupting your sleep. It is better to stay hydrated throughout the day, which reduces the need to drink large volumes in the 1-2 hours before bed.

Tips for optimising sleep



Seek sunlight during the day: try to get a minimum of 30 minutes of sunlight exposure each day to help regulate your sleep rhythm. Ideally in the morning time if you can.



Start a bedtime routine (if you don't already have one!). Journaling is our #1 choice but reading, listening to calming music or simply having some quiet thinking time are all excellent choices.



Take a hot shower or bath 30-60 mins before bed.



Optimise your bedroom: make it as dark as possible, cool temperature (18-20 degrees celsius), and as quiet as possible. Ear plugs and an eye mask can help!

Time to take action!

1 Find out your 'chronotype'

If you haven't already done so, use the link below to access a short survey that will help you to understand your chronotype (whether you are an owl or a lark).



Learn what your chronotype is by completing this anonymous survey!

2 What is your current sleep routine?

Across the next few days, make some notes about what you typically do in the 1-2 hours before sleep. For example:

- Do you watch TV?
- Use your phone? Read a book?
- How long do you spend on these different activities?

Then, note down areas for improvement and what you are going to action to improve your sleep!

3 Challenge for YOU!

Let's identify if any of the foods and drinks you consume could negatively impact your sleep.

Do you consume any of the following?

- **Tea** - black tea, green tea, oolong tea, white tea, Yerba Mate
- **Coffee** - iced, espresso, any coffee with milk
- **Energy drinks** - Monster, Relentless, Reign, Red Bull, NOCCO
- **Coca cola** - all varieties except caffeine free version
- **Mountain Dew** - all varieties
- **Dark chocolate**

Do you consume any of these after midday? If yes, how much and how many times per week?

Use our **Caffeine Tracker** to log your intake over the next few days. You'll use this information in the final video of this module to help build your sleep routine.

4 Personal Sleep Routine Chart

We've created a simple check list to help you master your sleep routine. See how many days in a row you can improve across the next month. We are confident that at the end of the month you will be feeling even better than you do now.

Ask yourself whether you feel more rested, more energetic, more alert and whether your mood has improved after this month of sleep optimisation.

