

ABCs of ZZZs

You snooze...you WIN!

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PhD Scholar "Sleep & Elite Athletes"



SLEEP LIKE THE PROs



Chronic Sleep Deprivation

- Sleep deprivation studies main historical focus
- Military, adventure racing, yachting-multiple days of no sleep
- Indoor soccer for 92 hours anyone??



HURRICANES

Partial Sleep Deprivation

- Sleep restricted to several hours pre event
- Swimming, resistance exercise protocols studied
- Result - Cognitive decline – mood, concentration
- Result - Fine motor skill decline
- Result - Gross motor skill, power and speed largely intact



The body is a survival machine...can muster enough
for short max intensity efforts

BUT

What about chronic training effects, adaptation
curves, skill acquisition and performance in longer
events?

WHAT IF

We asked athletes to sleep longer??



What Happens if we sleep more??

College Basket Ball Players
asked to sleep more
6:45hr extended to 8:45hr



New Athletes!!



Athletic performance...Significant improvement!

Faster sprint times

Shot more hoops...9% more 3 pointers

Increased energy, less fatigue

Improved performance self-ratings

Improved mood...



Similar results in other sports



How Do Elite Athletes Sleep??

Sport	Time asleep Target 8+ hrs	Sleep Quality Target >85%	Author
Olympic Athletes, Variety of sports	M=7:06 hr:m F=6:56 hr:m	81%	Leeder et al, 2012
Ballet troop	6:58 hr:m	81%	Frietze et al, 2009
College Basket ball	6:41 hrs:m	N/A	Mah et al, 2011
National Oz athletes, variety of sports	6:30 hrs:m	N/A	Sargent et al, 2014



Hurricanes Average Sleep Numbers Pre season 2013

Time in Bed	Time asleep	Sleep Efficiency	Wake after sleep onset	Number of Awakenings
8:24mins	6:22mins	76.6%	97mins	28

CRITICAL QUESTION FOR
ATHLETES & COACHES
How do we sleep MORE &
sleep BETTER?



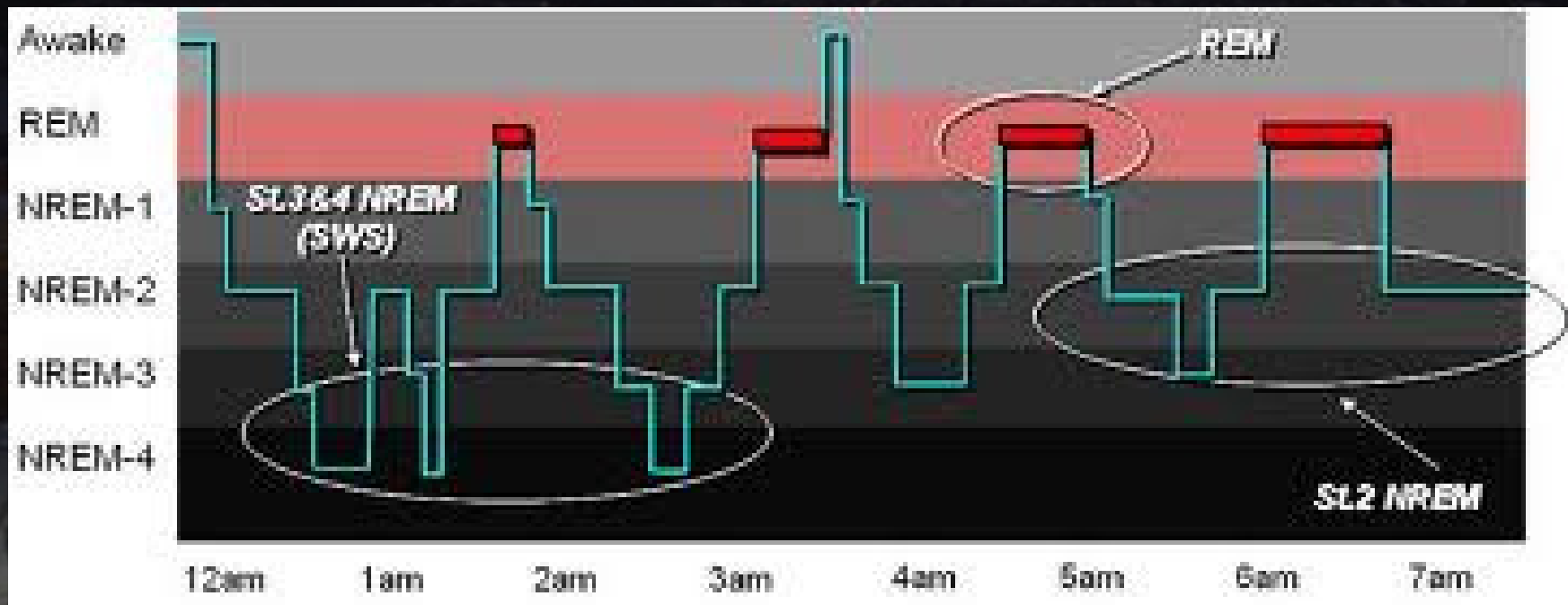


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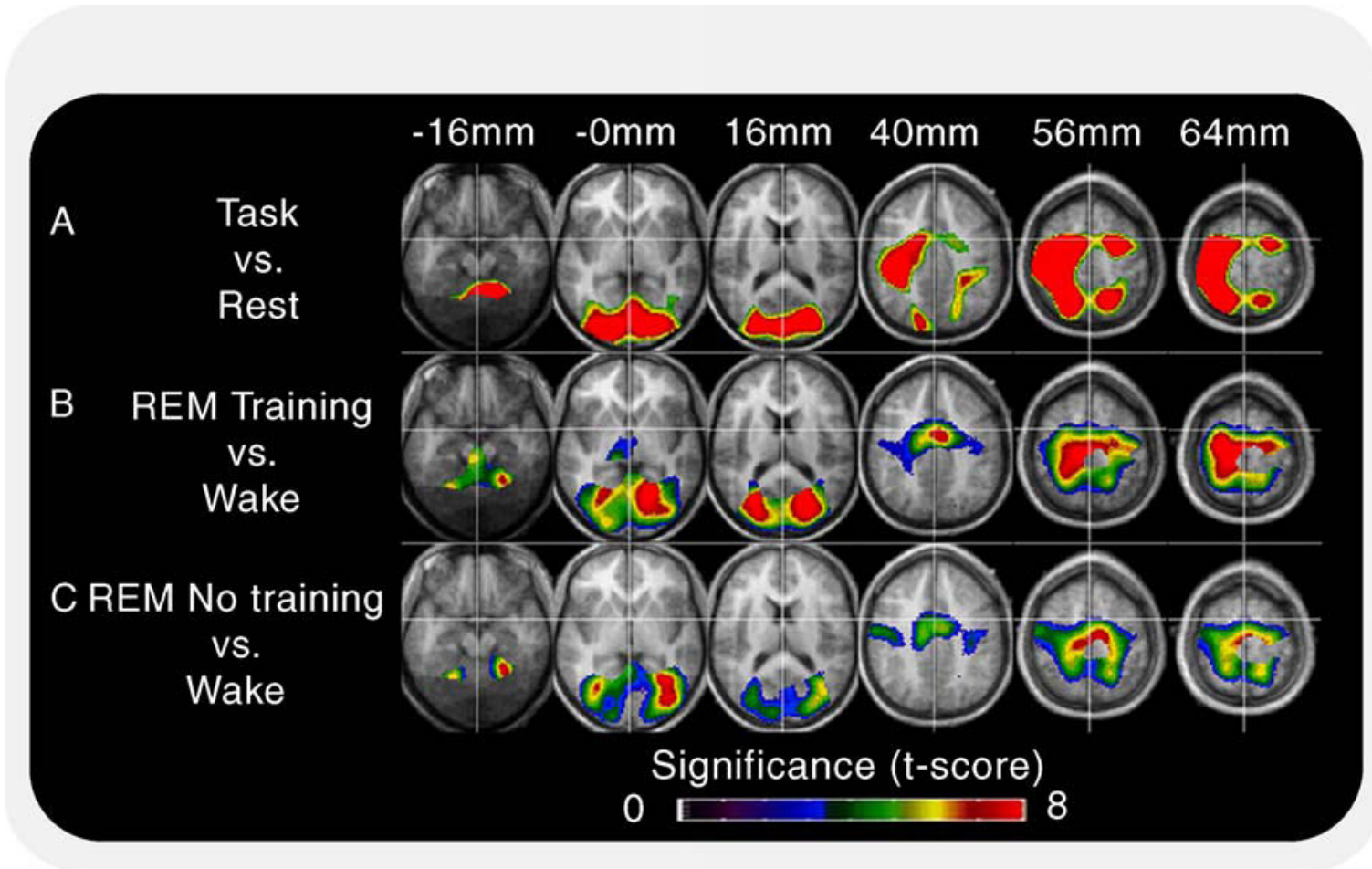
What Is Sleep?



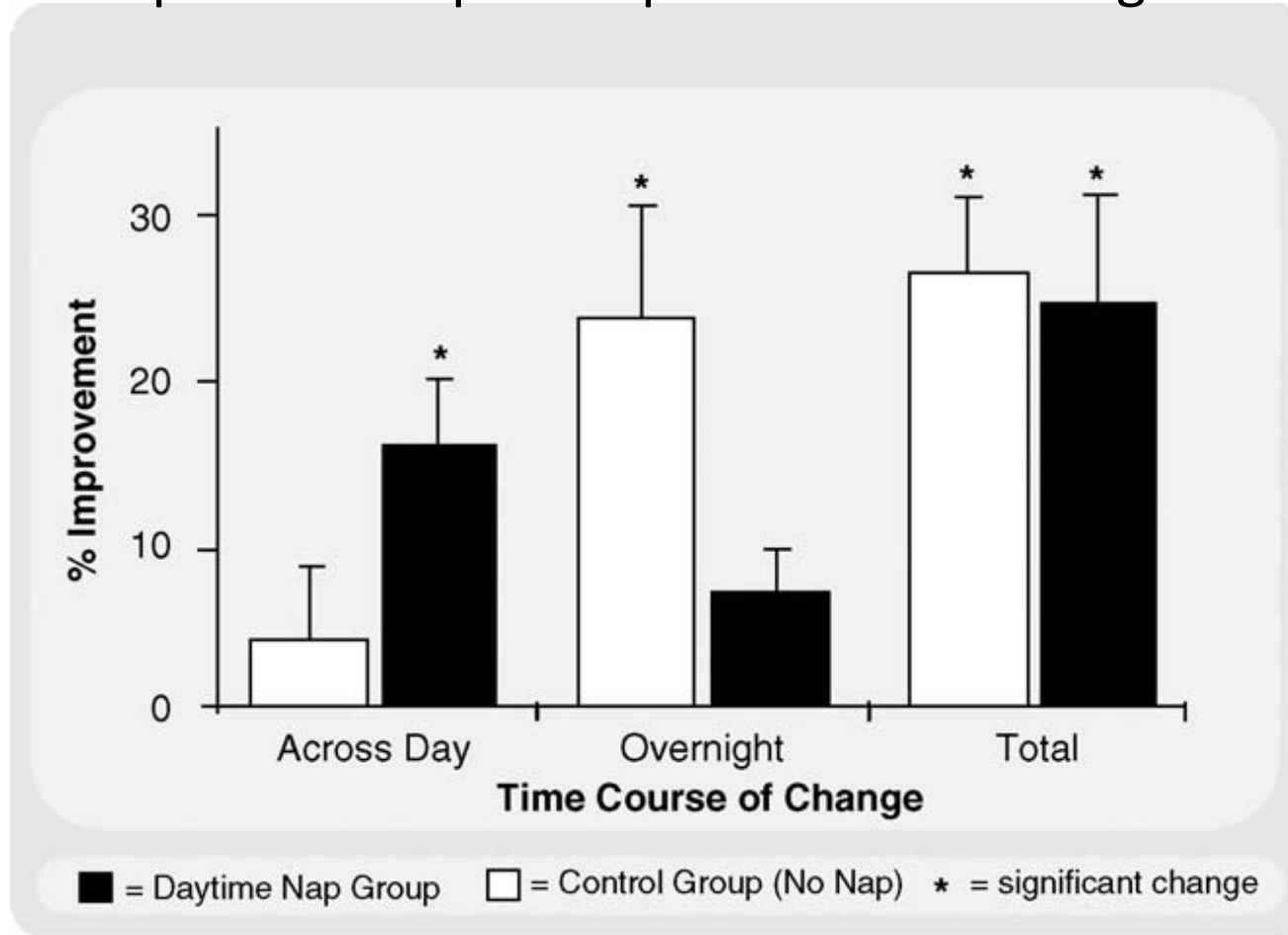
Sleep cycles: body repairs over 1st 4 hrs (deep sleep), then brain recharges (light sleep and REM dream sleep).



Nocturnal Rehearsal of New Skills



Skill improvement post nap and after over night sleep



Walker & Stickgold, Clin Sports Med, (24) 2005



How do you extend your sleep?

Your goal by end of next week:

Look at your usual total sleep
Increase total sleep time by
1 hour over 1 week!



How?

1. Simply go to bed 10 minutes earlier each night
 2. Extend the hours before midnight, rather than sleep later
- n.b. Your body clock will not notice
10 minutes each night
Feel the difference!!





Tricks to Getting to Sleep & Sleeping Better



Routine...Rise with the Sun

Once sleep hours are optimised the body loves routine

- Go to sleep within 30mins of the same time each night
- Awake roughly the same time each morning...
- Sleeping in? 30min sleep in is ok, no more than 1hr on the weekend



Nutrition



Include protein and carbs at dinner, both increase sleep hormones



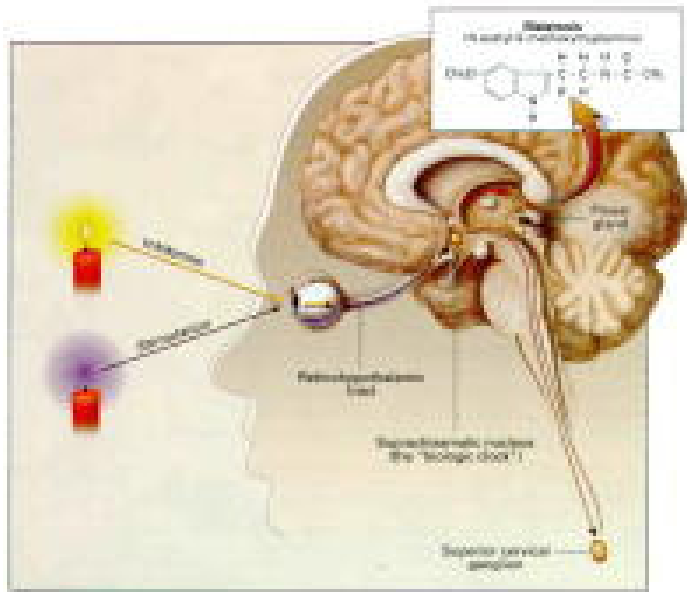
Tru2u



Milk, cottage cheese or whey b4 bed may also help



TCJ Enhances Sleep & Decreases DOMS



The De Power Hour

Can you go from 100km/hr to 0 in
5 minutes?? NO!!

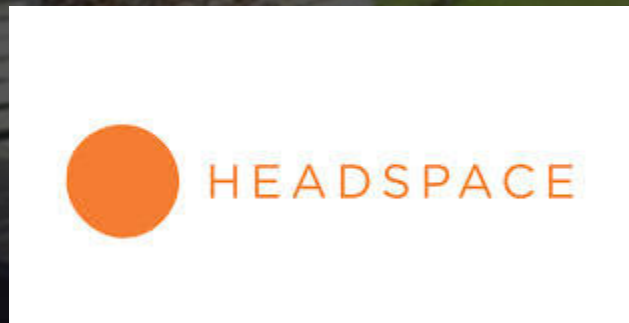
PRE SLEEP HABITS

Allow an hour b4 bed to unwind,
relax, and follow this routine





Writing down your thoughts, worries and 'to do's is incredibly relaxing for the mind...it stops you churning things over in bed...you go to sleep faster!



Clear the mind



Warm the body in the
winter



Cool the body in the
summer



Warm feet make you drowsy...try wearing socks before bed



Lights Out

Turn the lights down 1 hour before you want to go to sleep...

Caveman did not have any problems getting to sleep!!!



Minimise screen time...reduce brightness...TV is ok with room lights off



Manage Sleep Wreckers

Do you need that PM primer?



Taper fluid after dinner

Block light



Block sound



Cool bedroom



Elite environment, highest standards

NASA

Built Strategic Nap research



26 min
NAP



Concentration
100%
Performance
36%



Dos and Don'ts of Napping

- Don't nap if you struggle with insomnia/cant get to sleep at night
- Programmed to nap @8hr post wake up time i.e. 1-330pm
- Don't nap much past about 330pm
- Keep to 30 OR 90 mins to feel good
- Coffee naps...take some coffee b4 to feel better when you wake.
- Try it on the weekend to 'catch up'



Aim for 10 – hit 9 – beat 8 hrs per night



**“I RELY ON MY SLEEP
MORE THAN I DO
MY NUTRITION.
I LOVE MY
REVERIE BED.”**

X Reverie
Help and Strength. Live Longer. Sleep Now.

RICH FRONING



THANK YOU

Now you know your ABCs (of
ZZZ's)!!

Questions??

