

SECTION C – Live Like You’re A Professional

Module 13: How To Increase Sleep Quality For Super-Human Recovery

Sleep is where the progress is made. You create stimulation for development through your training but the real results come from the most important form of recovery: sleep

It’s impossible to get noticeable results from your training if you don’t master the skill of a good night sleep.

When you provide your body with quality sleep you can expect:

- Faster and better recovery from training / playing
- Faster gains (muscle growth and stamina)
- Higher energy levels
- Better focus and mental clarity
- Reduced chance of unnecessary injuries / soreness
- Increased health and longevity

Which principles will we use to achieve these objectives?

1) Aim for 6 – 8* hours

Different people can operate effectively on different levels of sleep. However, if we are looking to optimize our growth and recovery I would suggest aiming for at least 8 hours of sleep each night.

2) QUALITY and Quantity of Sleep

There is a big difference between being in bed and getting quality sleep. Your sleep quality can be effected by different factors such as: body temperature, stress levels, digestion, melatonin production, etc

I'll show you some helpful tips to improve sleep quality but start becoming more aware of the quality of your sleep. Try different things and assess how you feel each morning.

Did you wake up constantly throughout the night?

Were you tossing and turning?

Did you fall asleep quickly?

Do you feel rejuvenated or tired when you wake up?

3) Listening to your body

I recommend 8 hours of sleep per night. However, your body will tell you when it needs more.

Perhaps you've had a demanding playing / training schedule, your nutrition hasn't been adequate, personal life has increased stress levels, all of these factors can effect your bodies recovery requirements.

Don't be afraid to increase sleep quantity when needed.

Be honest with yourself. There is a difference between being lazy, sleeping on your goals, letting your days get away – and – listening to your body, giving it more time to recover when it truly needs it.

How can we improve the quality of our sleep?

1) Go To Bed At Same Time

If possible, get your body into the routine of going to bed at the same time. I realize this isn't always possible. However, the routine of falling asleep and waking up at the same time each day will increase the quality of your sleep and speed at which you fall asleep.

2) Use Sleep Aids

Personally I use two sleep aids to improve the quality of my sleep:

Sleepy Time Tea (contains valerian root and chamomile)

Melatonin (0.5 – 1.0 mg per night for consistent use)

3) Reduce Blue Light Before Bed

Blue light exposure before bed inhibits your body's ability to produce melatonin (sleep hormone) and fall asleep quickly.

If possible, don't watch TV, use computer, or mobile devices 1 hour before bed. However, if you needed you can use certain applications (flux for computer) or simply reduce your cell phone brightness (+ warmer screen option) to reduce the negative side effects of blue light.

4) Colder Temperature

Sleeping at a cooler temperature has been proven to improve sleep quality. Personally, I set my thermostat to 19.5 degrees Celsius (for comparison - room temperature is usually 22 degrees Celsius).

However, you may want to experiment with different temperatures and see which produces the best results for you.

I also like to sleep with a window slightly open to reduce the temperature but provide my body with fresh air to breathe while sleeping.

5) Dark Room

Sleeping in complete darkness has also been proven to improve sleep quality.

Turn off all lights, close doors, and use blackout blinds.

***When it is time to wake up:**

NO HESITATION
NO SNOOZE BUTTON
GET YOUR ASS UP
ATTACK THE DAY WITH PURPOSE

This is your first choice of the day, make one that will take you closer to your goals and set you up for success throughout the rest of the day.