

## Sleep, performance, recovery.

### ***Do you eat, breathe, and live for sport?***

What about sleep? In addition to nutrition and conditioning, sleep plays a major role in athletic performance and competitive results? The quality and amount of sleep athletes get is often the key to winning. REM sleep in particular provides energy to the brain and body. If sleep is cut short, the body doesn't have time to repair memory, consolidate memory, and release hormones.

Exercise depletes energy, fluids, and breaks down muscle. Hydration and the right fuel are only part of training and recovery.

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Promoting performance & brain health  
with better sleep.

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### ***How can sleep deprivation hurt?***

Not only does research suggest that sleep deprivation increases levels of stress hormones, sleep deprivation can also decrease production of glycogen and carbohydrates that are stored for energy use during physical activity. Sub-optimal sleep is associated with significantly increased injury rates and decreased reaction time and strength, too.

Less sleep increases the possibility of fatigue, low energy, and poor focus at game time. It may also slow recovery post-game.

### ***The winning edge***

What athletes do in the moments during and immediately after competition also determines how quickly their bodies rebuild muscle and replenish nutrients. This helps maintain endurance, speed, and accuracy. Adequate sleep is a guaranteed performance boost.