

It's the body and mind's own miracle cure: SLEEP.

To improve your performance on court, are you prepared to do something that will help you:

- Stay focused and alert
- Be more creative
- Feel energized and motivated
- Make better decisions
- Stay calmer under pressure
- Improve/lighten your mood
- Maintain a healthy weight
- Get fewer illnesses
- Improve your memory
- Enhance injury healing
- Improve balance & coordination
- Increase accuracy in tasks
- Increase responsiveness
- Boost your immune system

Sleep is a performance-enhancing activity that works while you are in bed at night and it's FREE. WOW! Surely this is too good to be true? What is this miracle cure?

**"SLEEP IS THE GOLDEN CHAIN THAT TIES HEALTH AND OUR BODIES TOGETHER."
-THOMAS DEKKER (16TH CENTURY ENGLISH DRAMATIST)**

How Much Sleep?

Humans spend an average of 36% of their lives asleep. Clearly, we need it if we spend so much time doing it. While sleep appears to be restful, and we feel refreshed after a good night's sleep; the brain is NOT resting, it is highly energetic and active while we sleep. Some areas of the brain are more active at night than during the day. Sleep is NOT a waste of time or a luxury, it is a NECESSITY.



To gain the full benefits from sleep, we require a sufficient amount of good quality sleep. Ideally, adults should get 7-8 hours per night. Young people (aged 10-24), need more sleep, between 8-10 hours, as their developing brains and bodies need more time to restore overnight and replenish energy stores. Many people do NOT get the amount or good quality of sleep needed to be healthy. The average adult gets 6.5 hours of sleep per night. Many teens only get an average of 5 hours/night on school nights. That is simply not enough.



Studies show the negative effects of chronic sleep deprivation, including links to some mental illnesses and:

- Increased accidents and death.
- Increased chronic medical issues (obesity, high blood pressure, diabetes).
- Increased use of sedatives (alcohol and other legal and illegal drugs) as an attempt to facilitate sleep.
- Increased use of stimulants (caffeine and other legal and illegal drugs) to compensate for lack of daytime alertness.

Troubled Sleep?

Most people occasionally experience disturbed sleep. For athletes, any sleep disruption can be worrying. Chronic sleep problems may be caused by sleep disorders, which are medical and/or psychological conditions. These include sleep apnea, restless leg syndrome, night terrors, sleepwalking, and others.

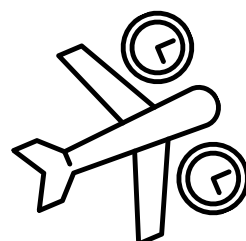
Insomnia is the most common, affecting 30-50% of the population in any year.

Insomnia symptoms include:

- Taking more than 30 minutes to get to sleep.
- Can't stay asleep. Wakes in the night for over 30 minutes. Difficult to return to sleep.
- Early waking (much earlier than planned). Can't get back to sleep after waking.
- A combination of the above.
- **Transient Insomnia (<1 month)** arises from stress associated with tennis, injuries (and associated pain), relationship problems, finances, family, grief, and other major life changes.
 - Transient insomnia is common and is a non-permanent response to life's challenges. When the problem resolves, sleep and daytime energy usually return to normal.
- Worry about stressful situations, including worry about not sleeping well, feeds a cycle of poor sleep!
- Common psychological problems like depression and anxiety can interfere with sleep, and sleep problems are seen in many types of psychological concerns. The good news is treatment is available to help manage these issues.
- Seek guidance from a medical doctor if your sleep is disrupted for more than 2-3 weeks.
- Identification of the cause of disrupted sleep will lead to optimal treatment. Sometimes there is no obvious cause.
- Thankfully, simple bedtime routine changes will usually restore restful sleep for the most prevalent sleep problems.

Jet Lag:

- A body clock disorder caused by a misalignment between your schedule and your body's internal signals to sleep or to stay awake.
- Your mental alertness, temperature, gastrointestinal activity, appetite, muscle strength, and flexibility all fluctuate over 24 hours.
- This cycle or "circadian rhythm" is regulated by hormones (including melatonin) in response to the natural light changes from day to night.
- These "circadian" rhythms are upset by long-distance travel over multiple time zones.
- Circadian rhythms are simply explained on this website: <http://healthysleep.med.harvard.edu/interactive/circadian>.
- Jet lag typically resolves in 3-7 days as the body's clock naturally resets with the new day/light pattern.



Travel Fatigue:

- A more chronic situation caused by the cumulative effect of frequent travel.
- It arises more gradually over time and is not associated with any specific trip. It causes persistent fatigue, recurrent illnesses, changes in behavior and mood, and loss of motivation.

Worry:

- Worrying about sleep disruption is a very common issue. It is not helpful and often will maintain or reinforce any sleep problem.
- Other anxieties and worries may arise at bedtime when there are no other distractions. These also disrupt restful sleep.

Poor Bedtime Habits:

- Non-restful bedrooms, use of digital devices prior to bed, eating too late, eating spicy or calorie/kilojouleladen dense food before bed, use of caffeine or other stimulants later in the day, and drinking alcohol before bed also frequently cause disrupted sleep.

**“WHEREVER I LAY MY HAT, THAT’S MY HOME.”
-MARVIN GAYE (1962)**

Sweet Dreams

Apply these simple tips to help you wake up fresh, energized, and ready to play your best tennis.

- Good ‘**Sleep Hygiene**’: Create your sleep sanctuary in the bedroom each week.
- **Lights out**: a dark room is best for sleep. Natural sunlight helps you wake up fresh and alert.
- **Comfort**: set a cool (not cold) temperature. Choose a quiet room, and wear earplugs.
- **Unplug!** The internet and social media are distracting and stimulating, probably keeping you awake.
- The **blue light radiation** from the screen on your phone or tablet (and TV) significantly reduces melatonin production (an important sleep hormone) and delays the drive to sleep. It also reduces your alertness the next day.
- **Turn off devices** at least 60-90 minutes before bed, or use a blue-light-reducing app. Read ‘Digital Detox’ to learn more.
- **Home comforts**: when you travel bring small items from the home to relax you, such as your own pillow, soft toy, or small personal items.
- **Unwind**...mentally slow down with calming activities and/or learn meditation and mindfulness to prepare you for sleep. An overthinking brain will keep you awake. Ask your mental healthcare provider for more resources.
- Read ‘Sleep Hygiene’ for more ideas.



Jettison Jet Lag:

- **Preparation**: pre-book your favorite seat and food. Take healthy snacks, music, and eye shades.
- **On the plane**: drink LOTS of water; wear compression socks; use a neck pillow; stretch and move when possible; avoid alcohol, caffeine, and overeating; adjust your schedule to your destination.
- **On arrival**: adjust your schedule to the arrival time; go outside, the natural light helps reset your body clock; train lightly; recover well; keep hydrating; be social, it helps you adjust faster.
- Read ‘Conquering Jet Lag’ and for more guidance.



Pure Rest:

- USANA, now has melatonin available in its Pure Rest product, which must be prescribed by a doctor and taken as directed for optimal results.
- Melatonin helps shift the body’s clock and induces sleep. It may help players whose jet lag interferes with performance.
- Research indicates it is of limited use for other sleep conditions or sleep disorders.
- Talk to your medical physician if you have questions about Pure Rest.

Still Awake?

Good sleep hygiene will help resolve the majority of short-term sleep issues, including jet lag. More significant or chronic sleep issues and true sleep disorders usually require further assessment by a physician, psychologist, or sleep specialist. Most can be assisted with more specific therapy and behavioral or relaxation techniques. If you are having trouble sleeping, see your medical physician, or another qualified medical professional.

