

Why do we need 8 hours? The importance of sleep



Getting adequate sleep is vital for all types of recovery. Sleep also plays a big role in how well you can perform physical and mental tasks. A loss of sleep can make activities you normally do seem more difficult than when you are properly rested.

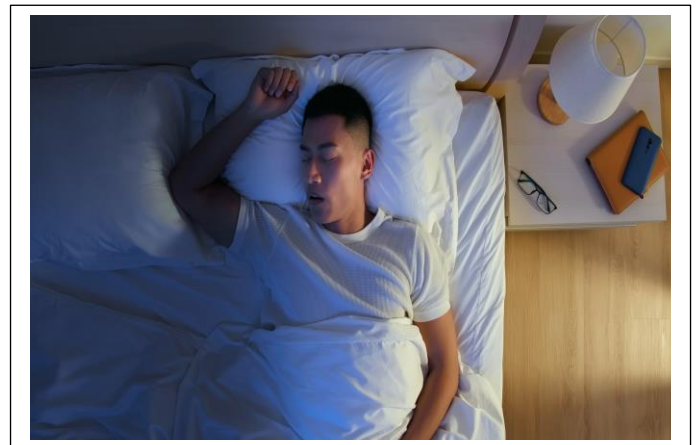
The Do's and Don'ts of Sleep hygiene	
Do's	Don'ts
<ul style="list-style-type: none">- Have a bedtime routine- Exercise during the day- Only go to bed if you're sleepy- Try to get 7-8hrs of sleep- Be consistent	<ul style="list-style-type: none">- Use electronics while in bed- Drink caffeine or alcohol right before bed- Eat a large meal right before bed

Lack of sleep can cause:

- A decrease in the amount of power you can create
- Decreases a time to exhaustion, so you get tired sooner.
- An increase in blood lactate
- A decrease in muscle glycogen (the fuel your muscles use to function)
- It decreases logical reasoning and increase time in mental processing.

Adequate sleep aids with:

- Memory and memory retention
- Academic success
- Improved attention span
- Improved emotional regulation
- Better physical and mental health.
- Improved quality of life



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