

Athletes are constantly pushed to the limits when it comes to their performance, particularly those that travel. Large corporations are investing time and research to help their athletes improve their sleep quality and schedule; for example, the Cleveland Cavaliers and the Golden State Warriors who recently battled in the NBA finals in June.

Teams that travel to different time zones are 67% more likely to lose due to the disruption of their sleep and exercise schedules. Studies of professional basketball players who wore sleep monitors to track and improve their sleep discovered that those who received up to 10 hours of sleep had improved strength, speed, reaction time, increased muscle memory, had 60% fewer injuries, and decreased heart rate. Sleep deficit has been linked to higher rates of illness, increased injury rates, disease and obesity, as well as declines in cognitive function and job performance.

Players like LeBron James, the Cavaliers' fearless leader, have a difficult time getting to sleep as their minds race just thinking about the game. Sleep specialist Dr. Parsley has said, "sleep deprivation leads to increased stress and increased stress leads to sleep deprivation." To combat sleep deprivation, LeBron takes a nap every day, especially on game day to feel rested. Stephen Curry, the Warrior's dynamic shooter, goes to a desensitizing floating bath to enhance recovery time and sleep quality.

"Sleep is the most important thing when it comes to recovery" – LeBron James

Waking up moody and irritable? You may not be getting enough REM sleep. A deficit in REM sleep causes a part of your brain, the amygdala, to work harder. This is problematic as the amygdala is associated with rage and aggression.

Ways to improve your sleep & health:

- Clean nutrition helps you sleep and sleep helps with metabolism
- Finish your workout at least 3 hours prior to sleep to maintain your circadian rhythm
- Keep electronics dim or off, your room cool, and dark
- Avoid caffeine in the early afternoon
- Keep naps under 30 minutes or try to nap for 90 minutes to complete one full sleep cycle

Athletes can train and eat right, but without enough sleep that hard work may be wasted, and even harmful, as a sleep deprived body can't heal itself.

Source: [NBA Sleep Debt](#)

For more information about sleep, visit

www.accqsleeplabs.com

Accq Sleep Lab Locations

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