Benefits of Quality Sleep after Exercising

• Getting quality sleep boosts recovery of muscles cells and restores energy (muscle glycogen) and fluids that were used during exercise
• Helps with muscle soreness and fatigue reduction
• Increased energy for the next workout
• Sleep helps keep hormones in the body stable
• Helps build long-term muscle strength
• Lowers physical stress levels within the body

How to get Quality Sleep

• Get 8 hours of sleep
• Eat healthy but never go to bed hungry or bloated
• Create a sleep schedule by going to bed and waking up at the same time everyday
• Make sure sleeping environment is comfortable (pillows, lights, mattress, noise)
• Good exercise improves sleep quality

Being Sleep Deprived

• Reduced physical performance due to increased stress and decrease in metabolism and energy production within the body
• More prone to accidents and injury due to decreased alertness and response
• Impaired recovery time of muscle tissue and bones
• Feeling of laziness and loss of motivation to do physical activities