



Sleep, Recovery and Performance

People

Potential

Performance

Lane4

£ US\$1.61
€1.25
¥128.60

\$ £0.62
€0.78
¥79.84

TOURIST RATES

Australia (A\$).....1.52
Canada (C\$).....1.53
Euro (€).....1.19
New Zealand (NZ\$).....1.91

Poland (zloty).....4.67
Singapore (S\$).....1.88
South Africa (rand).....12.29
US (\$).....1.53

FTSE 100
5465.52
-110.00



Bleak outlook: Pilots wear sleeping masks in protest at proposed longer working hours. They joined about 300 airline personnel outside the European Aviation Safety Agency in Cologne, Germany, to highlight the risk of pilot fatigue. Some carried banners saying 'sleepwalking into disaster' PICTURE: GETTY

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Overview



- *Setting the Scene- the link between Sleep, Recovery and Performance*
- *Learn a little more about yourselves including 'some' very low level physical activity!*
- *Some more facts and figures about how you can maximise sleep and increase productivity*
- *Some techniques for assessing your sleep and resilience*
- *A few tips on Travel*
- *General Q&A about Sleep, Recovery and Performance*

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North West London **NHS**
Cancer Network



 University of Brighton



healthpod

Royal Brompton & Harefield **NHS**
NHS Foundation Trust



Unilever



RFL
LTA



SARACENS



Development and
Sleep at **Altitude**



Stress and Sleep



- *Who has been stressed?*
- *Who has had a bad night's sleep?*
 - *this week*
 - *this month*
 - *this year*

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Definitions of Stress?



Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response.

Demand outgrows the ability to supply

HSE's formal definition of work related stress is:

"The adverse reaction people have to excessive pressures or other types of demand placed on them at work."



**“BY FAILING TO PREPARE, YOU
ARE PREPARING TO FAIL.”**



Benjamin Franklin (Founding Father, American Statesman, Scientist, Philosopher, Printer, Writer and Inventor, 1706- 1790.

“By failing to REPAIR, you are preparing to fail.”

Poor sleep is linked with:

Increased Stress!

Increased risk of motor vehicle/industrial accidents

Increase in body mass index and obesity due to an increased appetite caused by sleep deprivation

Increased risk of diabetes and heart problems

Increased risk for psychiatric conditions including depression and substance abuse

Decreased ability to pay attention, react to signals or remember new information



It's now time for you to take a look at you



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Are you taking care of you?



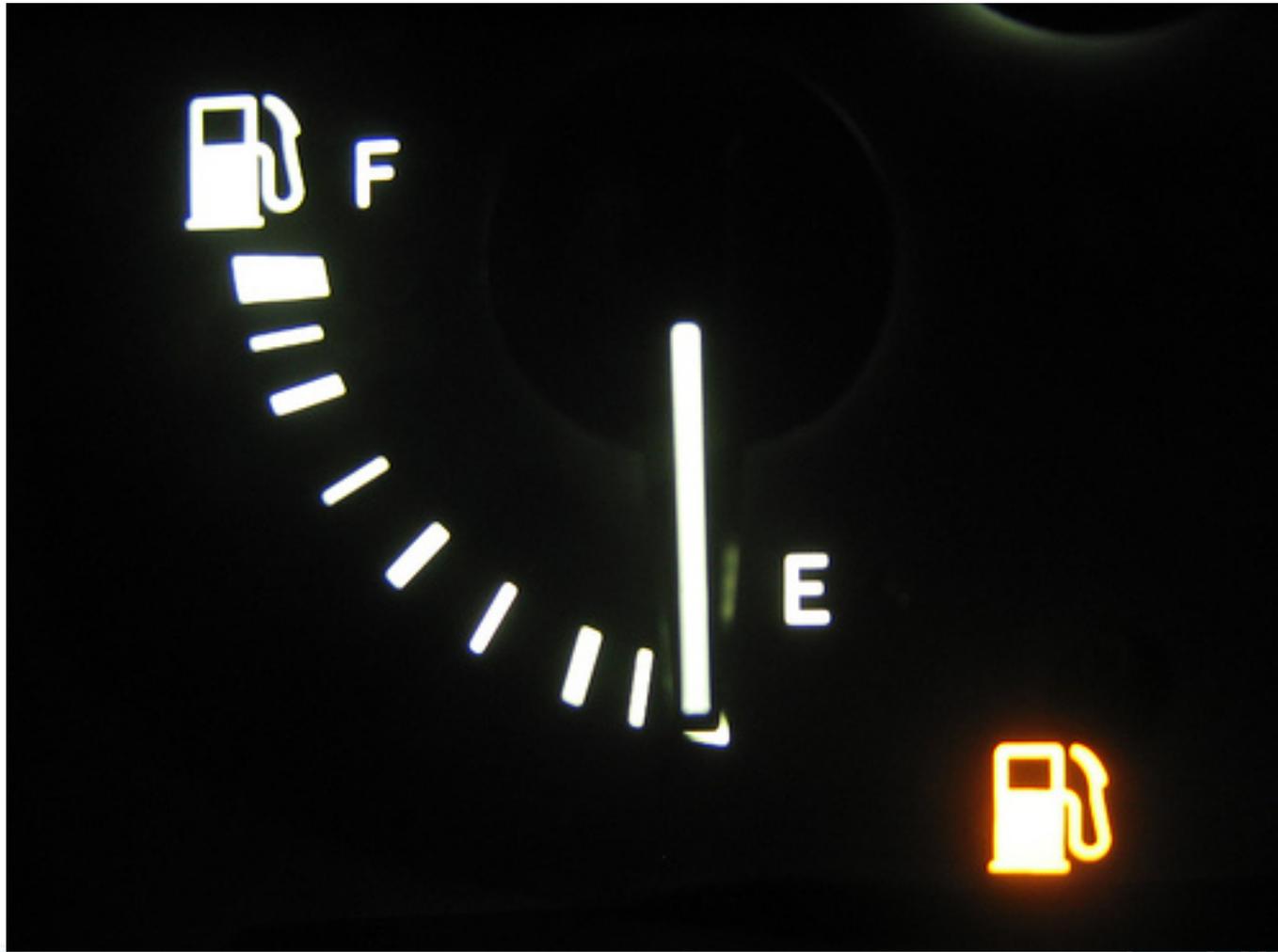
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Are you taking care of you?



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The Performance Diagnostic

*Understanding you
and what makes you Perform*

People

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WE HAVE TO
FOCUS ON WHAT'S
IMPORTANT



HM.
UM...
ER...



**R
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ADAM S ^{SH}
05

Q 1

I wake up feeling refreshed after a night's sleep?

Considerations:

"The amount of sleep we require is what we need not to be sleepy in the daytime." Jim Horne

Amount of sleep

Quality of sleep (interruptions: noise, light, bathroom, partner?)

Timing of wake up

Actions:

Organise your routine to permit more sleep

Minimise interruptions by 'preparing the bedroom'

Be tactical re sleep cycles?

Q 2

I often work on the computer or do work until just before I go to bed

Considerations:

Excitation/worry

No preparation for sleep

Actions:

Find an activity/routine that works for you

Practice!

Q 3

I consciously choose relaxation activities that help me unwind and calm down before I go to bed

Considerations:

The alternatives- movies, X-Box, calls/emails/prep

Bath/Shower

Exercise, Sunlight and Caffeine throughout the day?

Actions:

Find activities that work for you

Practice!

Q 4

I regularly 'catch up' on sleep at weekends, days off and holidays

Considerations:

Traditionally thought to be bad for you

Recent research has applauded it!

We regularly coach it as a behaviour

Actions:

Minimum 2 mornings a month enforced lie-in!

Take regular time-outs/mini-breaks/holidays

Pamper

Q 5

When I take holidays or short breaks I crash and often get sick

Considerations:

Is a sign that all is not rosey generally

Suggests poor time/resource management

Consider different modes of holiday/travel

Actions:

Take your leave!

Practice- Take regular time-outs/mini-breaks/holidays

Pamper

Q 6

I use alcohol, recreational drugs and/or cigarettes to help manage stress

Considerations:

The physiological effects

The psychological effects

Actions:

Replace with exercise? Training Goal?

Moderation, Moderation, Moderation

Get Help!

Guide for the amounts of caffeine in products:

One mug of instant coffee: 100mg

One mug of filter coffee: 140mg

Single espresso: 75mg

One mug of tea: 75mg

One can of cola: 40mg

One can of energy drink: 80mg

One 50g bar of plain (dark) chocolate: around 50mg

One 50g bar of milk chocolate: around 25mg

Venti Filter: 400mg!!!!



Q 7

I consciously take regular energy breaks every 2 hours during the working day

Considerations:

Important for mind and body (joints and posture)

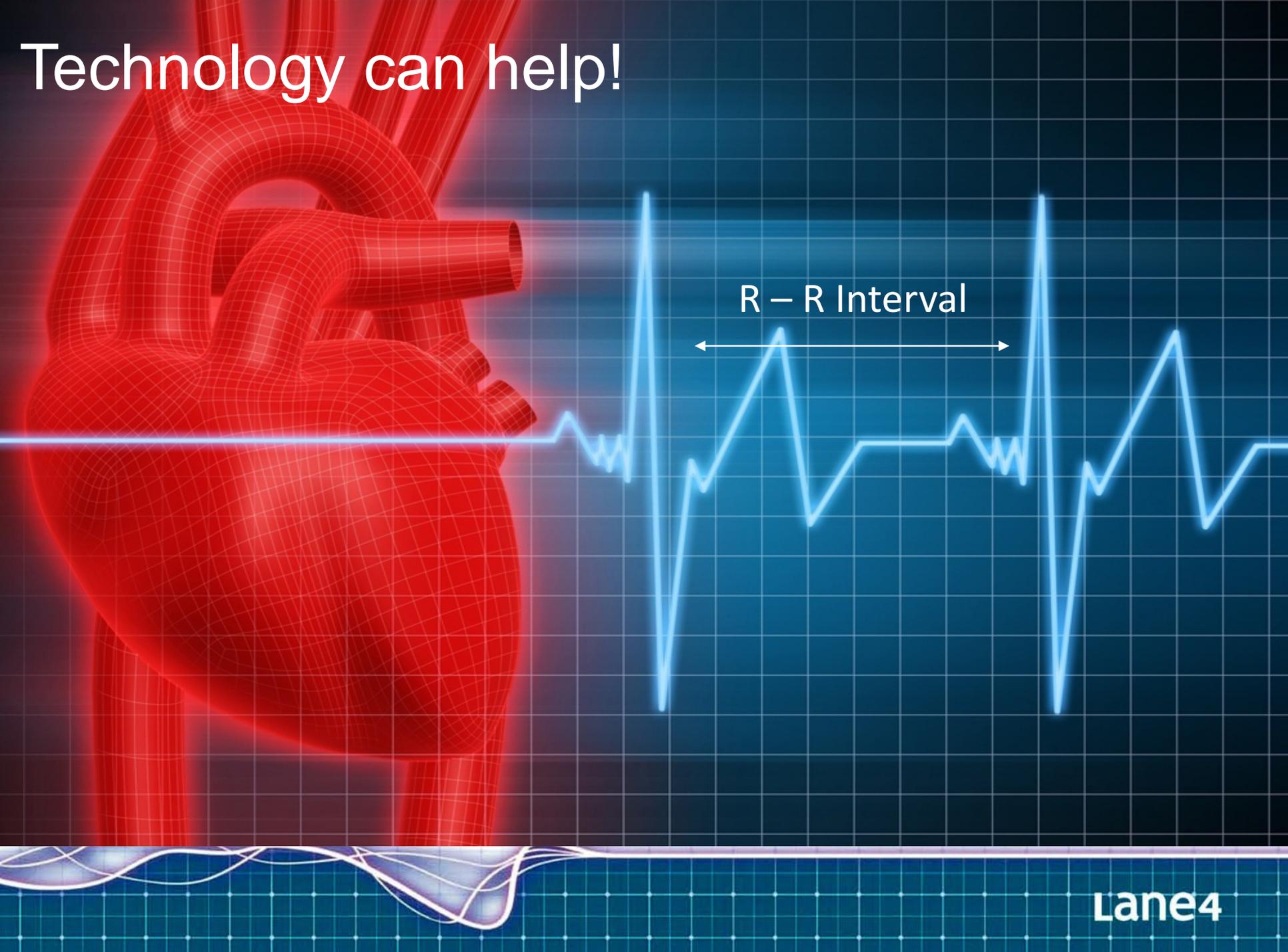
Can increase calorie burn and HPPA

Can increase exposure to sunlight

Actions:

Set alarms. Space your meetings

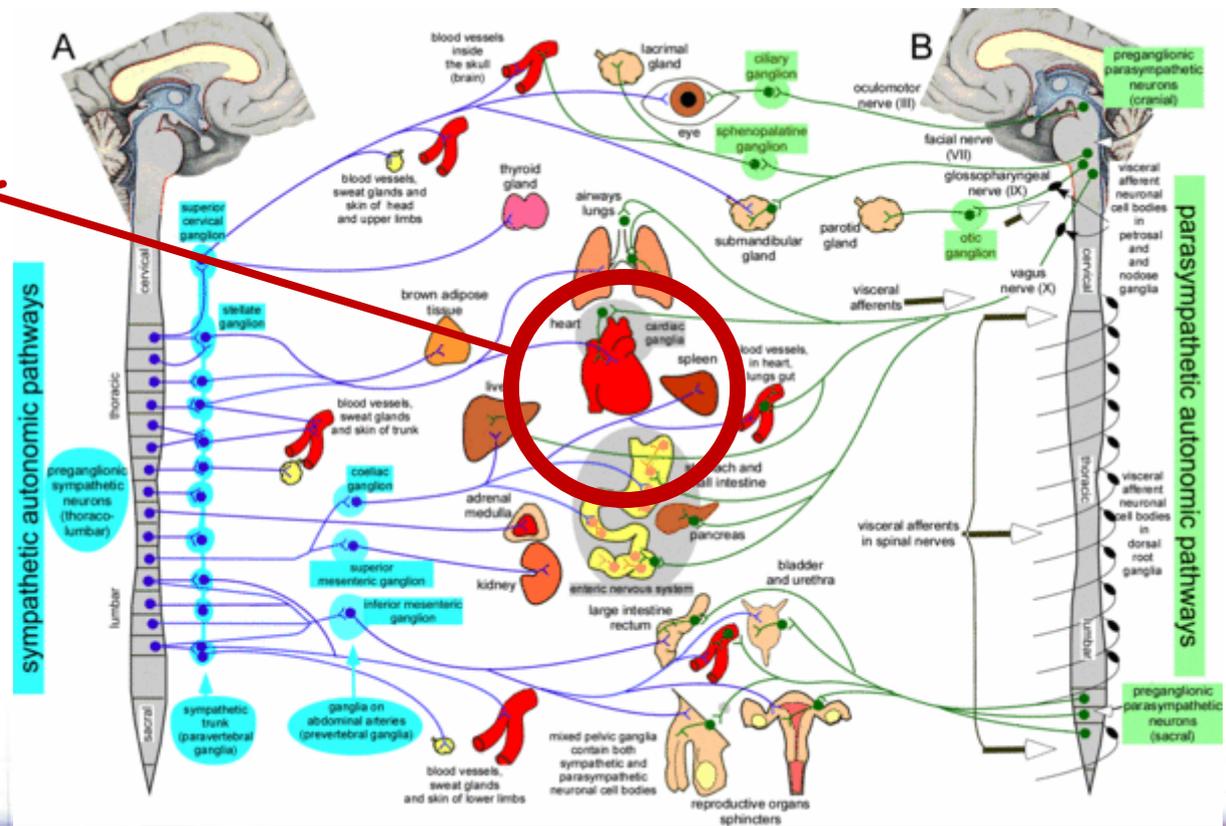
Technology can help!



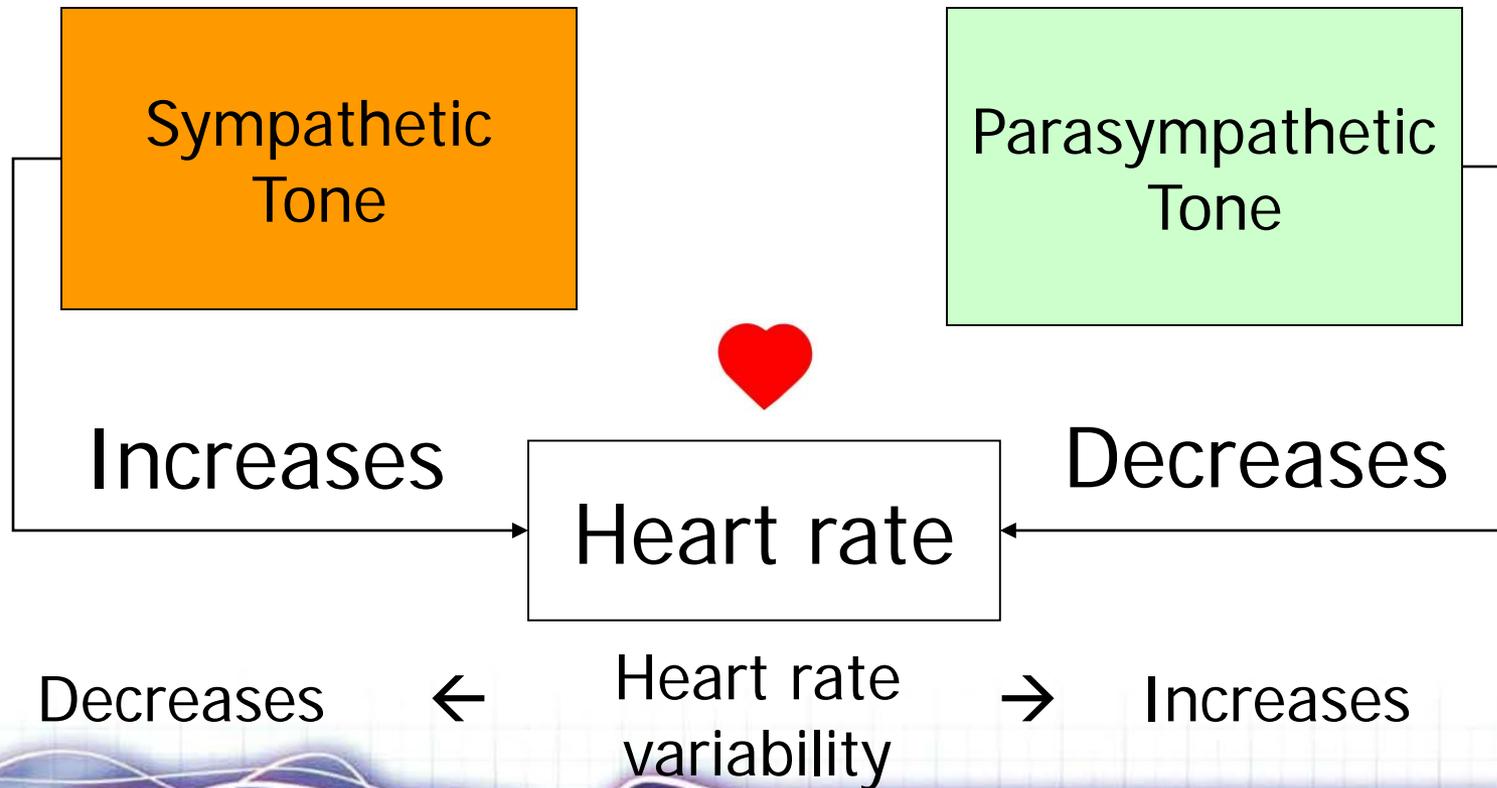
Autonomic Nervous System

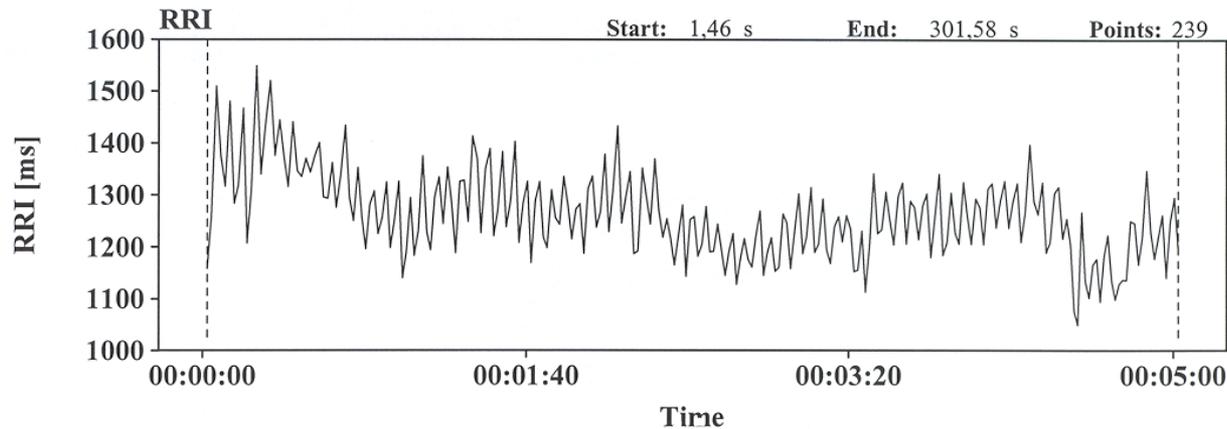
The role of the ANS is to regulate and control (involuntarily) the body organs to respond to the changing environments

Heart rate variability provides a non-invasive tool to study cardiac function and Autonomic Nervous System function

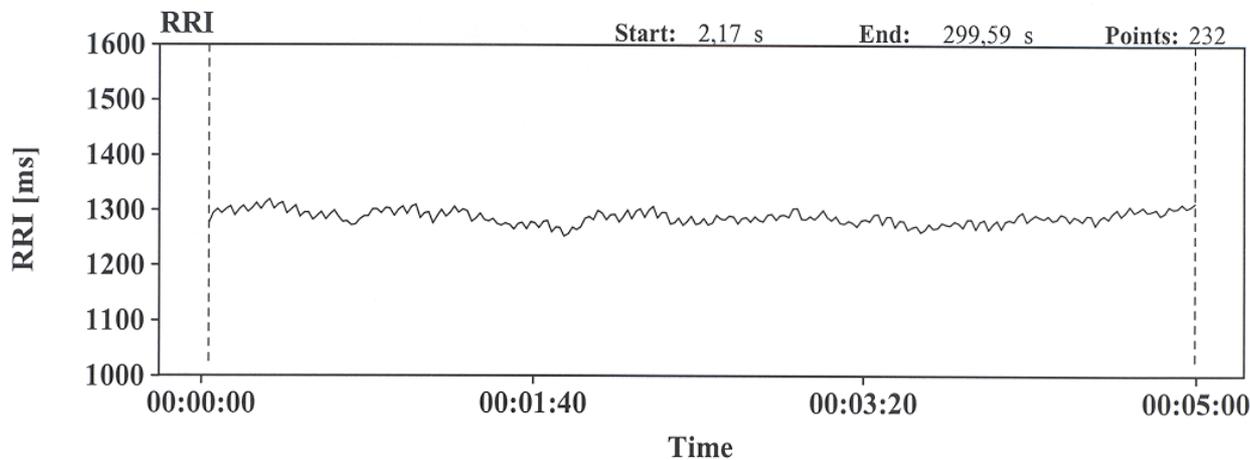


Or more simply...





Normal
 HR 48 bpm,
 SDRRI 82 ms

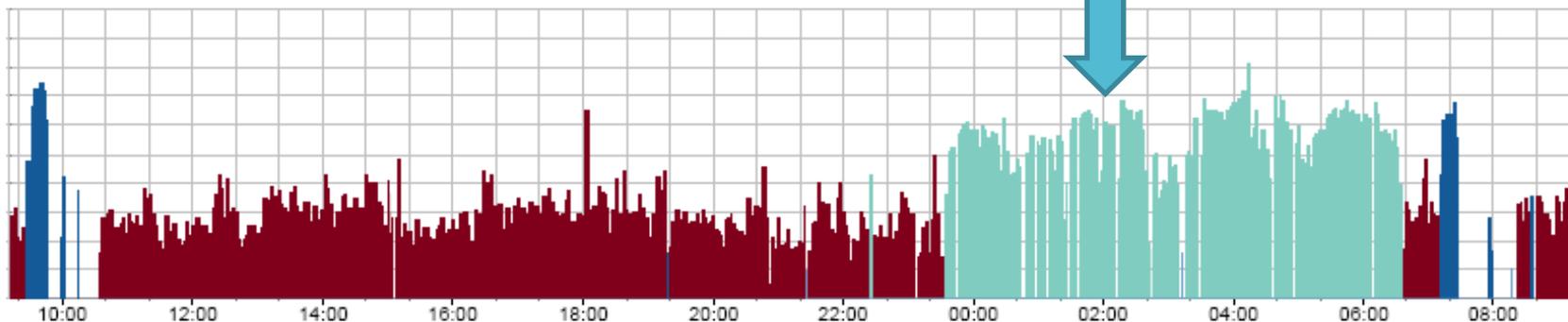


Overtrained
 8 weeks later
 HR 47 bpm,
 SDRRI 12 ms

Uusitalo 2000,
 Suomen
 Lääkärilehti

Physiologically Coping?

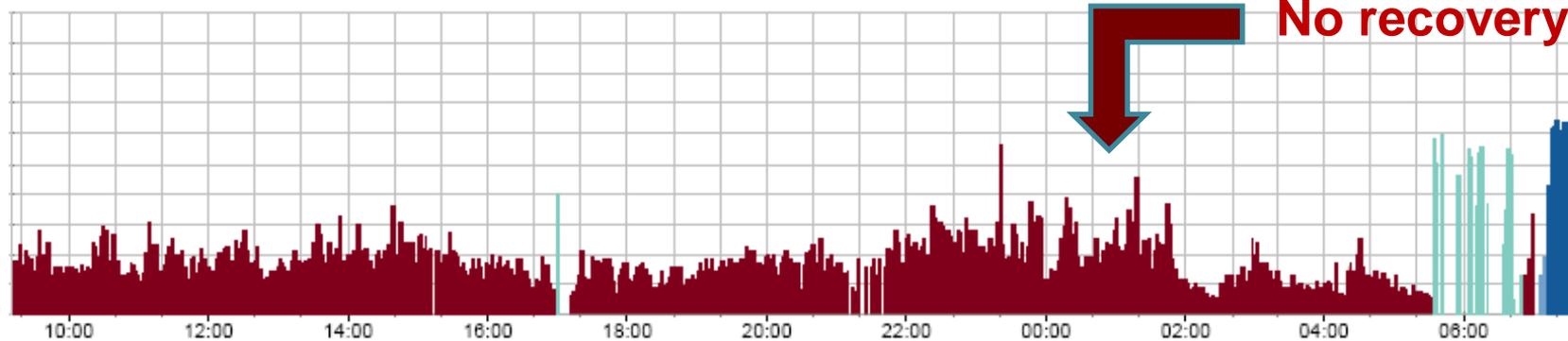
Stress and Recovery Chart



Excellent recovery

Physiologically Stressed?

Stress and Recovery Chart

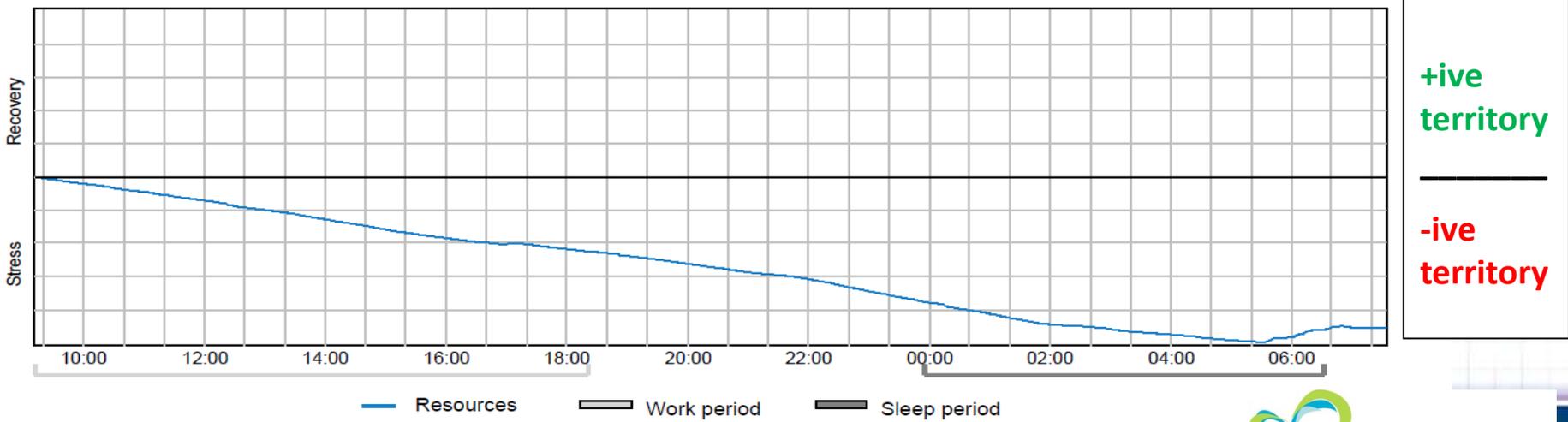


No recovery

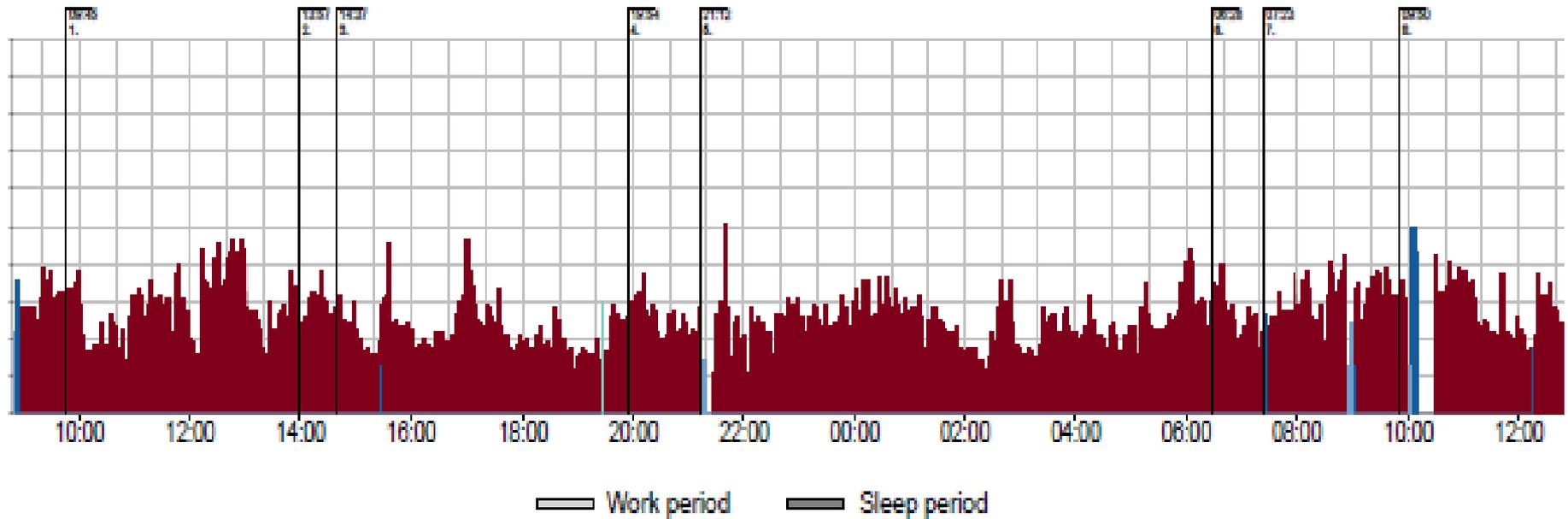
Resources Chart



Resources Chart



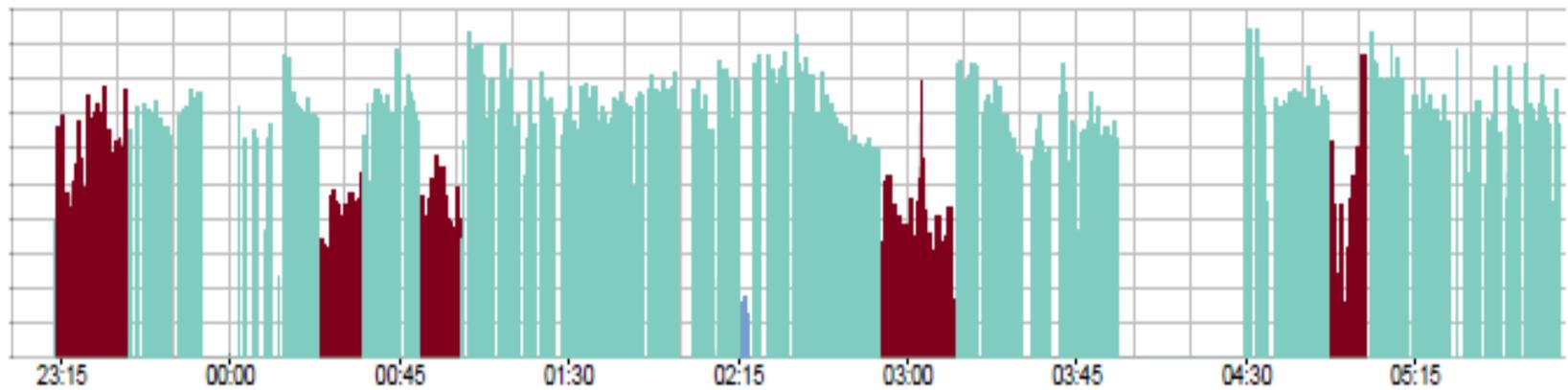
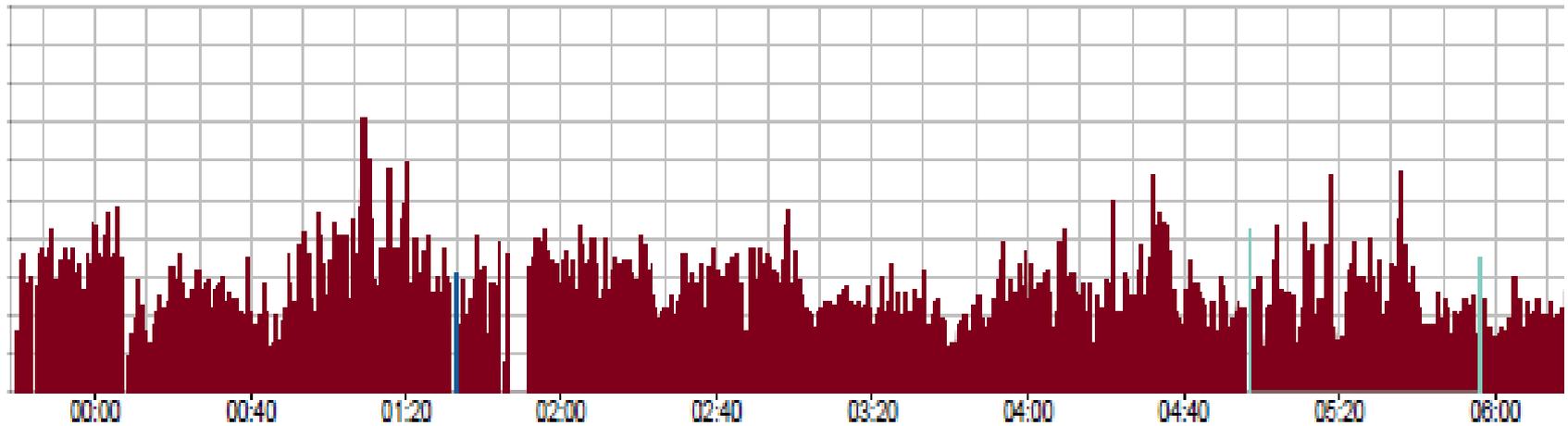
Travel



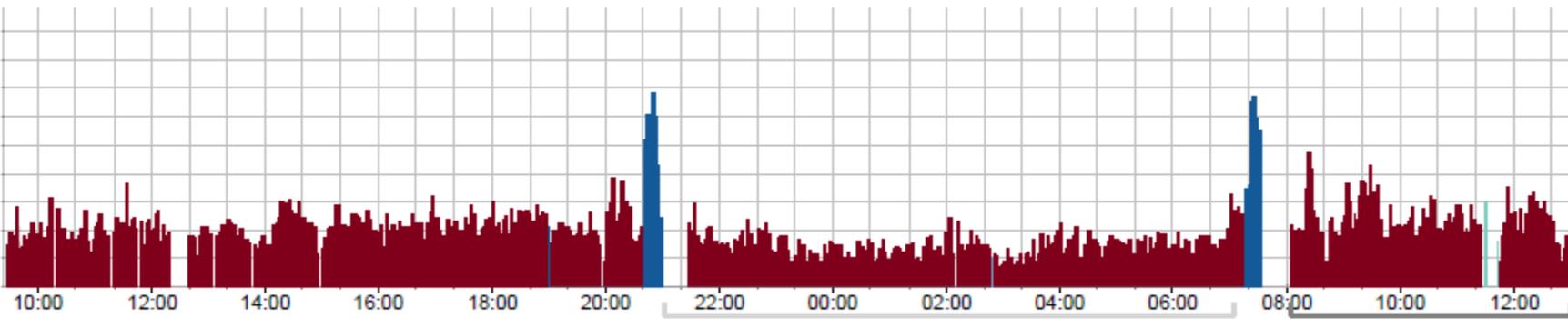
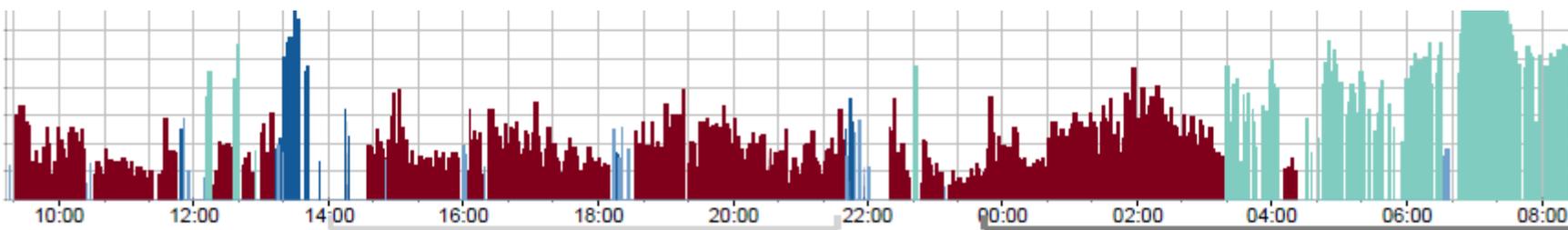
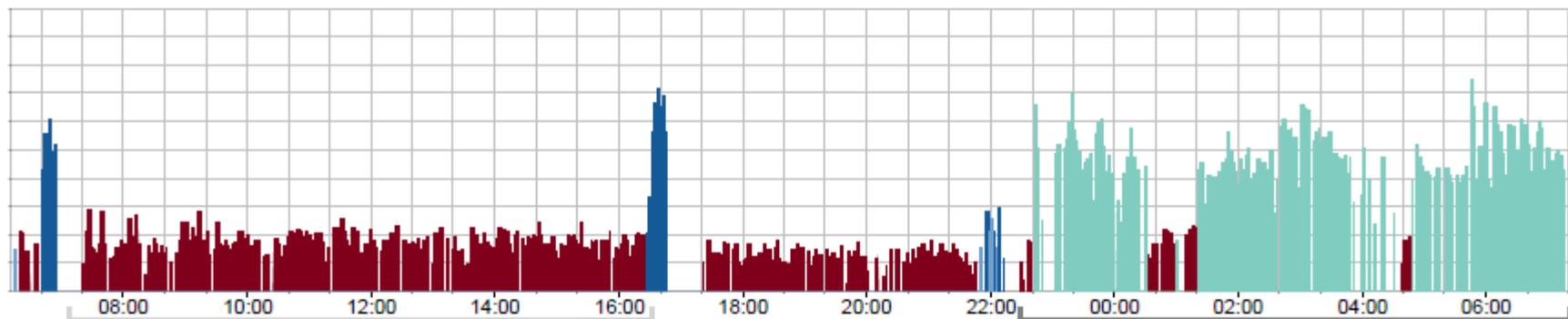
Journal markers

1. Take off
2. Dinner
3. Go to sleep
4. Wake up
5. 15 min transfer HK
6. Arrive Sydney
7. Customs
8. Unpack car

Post Travel



Shift work



In Summary: Life is a delicate balancing act

Load / Stress

Coping



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Making the messages become real