

The Power of Zzz

Sleep for Optimised Student Performance and Health

Dr Hugh Fullagar (PhD)

Senior Lecturer in Sport and Exercise Science, UTS

Trinity Grammar School



Hugh Fullagar
PERFORMANCE

FIFA[®] | MEDICAL CENTRE
OF EXCELLENCE



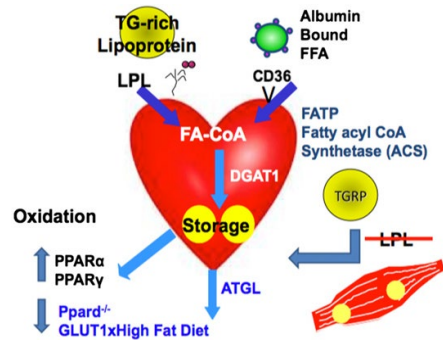




“natural, easily reversible periodic state of many living things that is marked by the absence of wakefulness”

“nervous system is inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended”

“state of rest during which an individual becomes physically inactive and unaware of the surrounding environment and many bodily functions”



WHY YOUR BODY LOVES SLEEP



LeBron James reveals the nighttime routine that helps him perform 'at the highest level'

Published Sun, Dec 23 2018•10:00 AM EST

Courtney Connley
@CLASSICALYCOURT

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5 Tips to Help You Sleep Your Way to a Higher GPA

How Common is Sleep Deprivation in College Students? **VERY COMMON.**

"One of the most profound effects of a night of sleep is the improvement in our ability to remember things."

Ravi Allada
Sleep Researcher

CHAMPION MAGAZINE

THE COLLEGE SPORTS GUIDE TO BETTER SLEEP

You Snooze, You Win

Quality sleep raises GPAs and lowers the number of dropped classes. On the field, it speeds reaction times and decreases injury risk. So how can college athletes get more of it?

STORY BY AMY WIMMER SCHWARB



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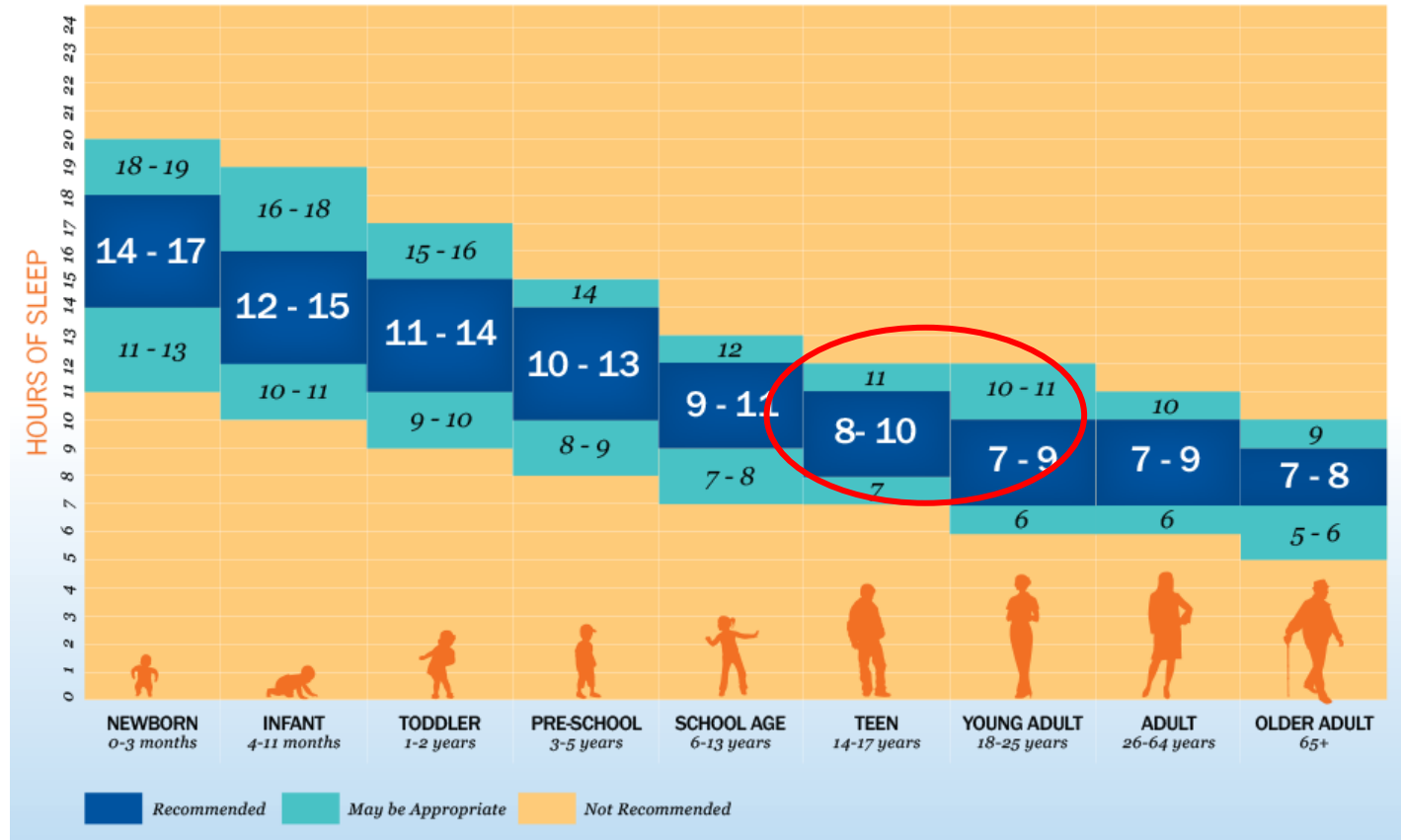
Roger Federer sleeps 12 hours a day, says neuroscientist

JULY 6, 2019 01:25

by LUIGI GATTO | VIEW 62163



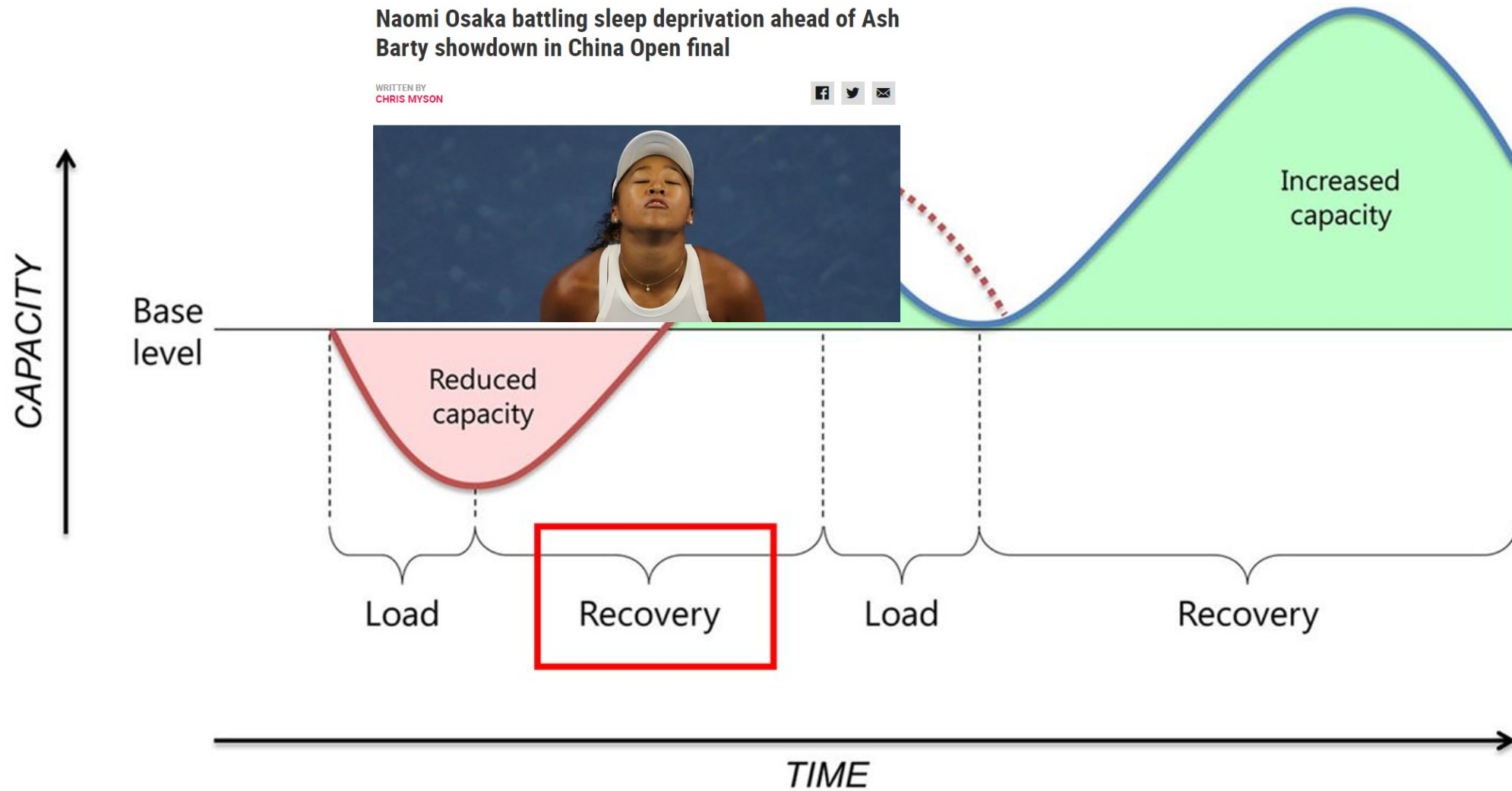
SLEEP DURATION RECOMMENDATIONS



We all need more sleep!

Naomi Osaka battling sleep deprivation ahead of Ash Barty showdown in China Open final

WRITTEN BY
CHRIS MYSON



BJSM, IOC, 2016

What stops us sleeping well?



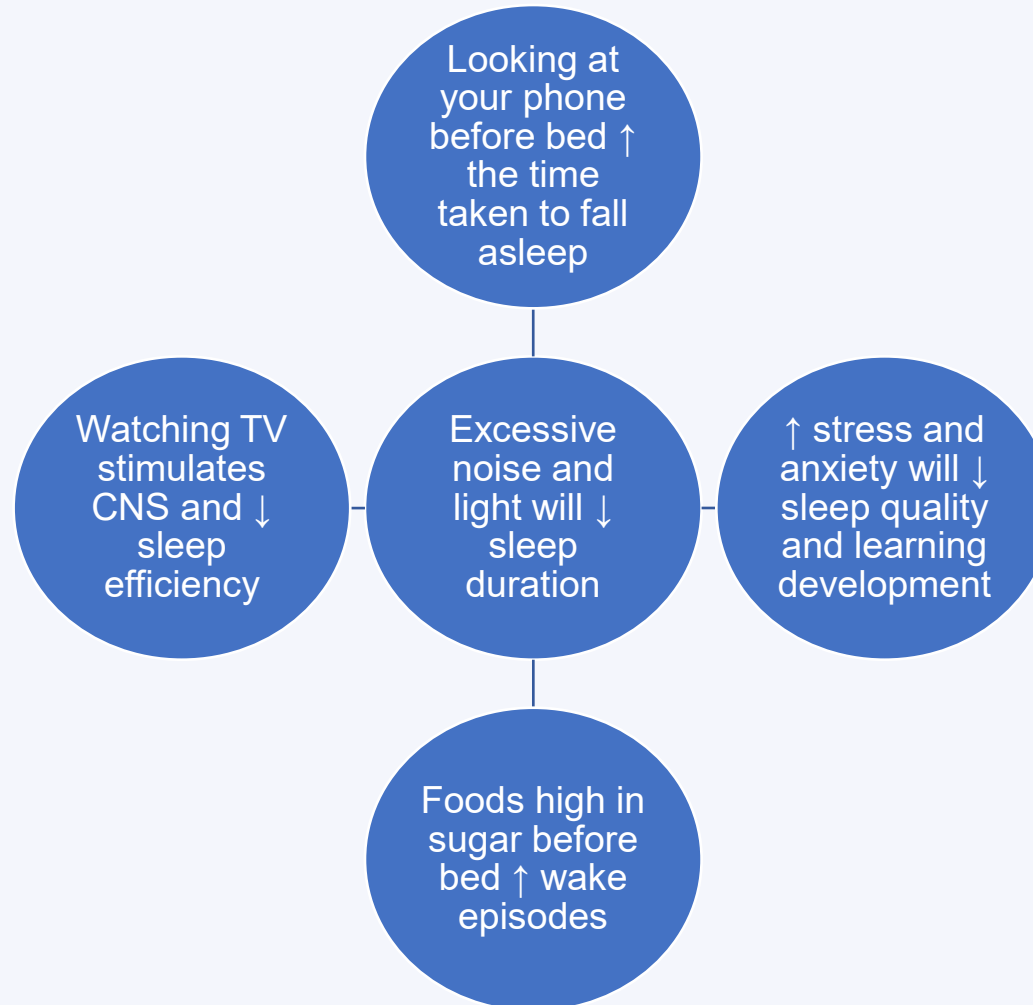
Behaviour



Environment



Nutrition



What happens when we don't sleep?

- ↓ problem solving (cannot react to problems)
- ↓ memory (cannot remember as well)
- ↓ time management (days become muddled)
- ↓ learning capacity (cannot learn as much)
- ↑ errors (we become dumber)
- ↑ risk taking (we become more dangerous)
- ↑ chance of illness (lose study time)
- ↑ risk of metabolic disease (we become sicker)



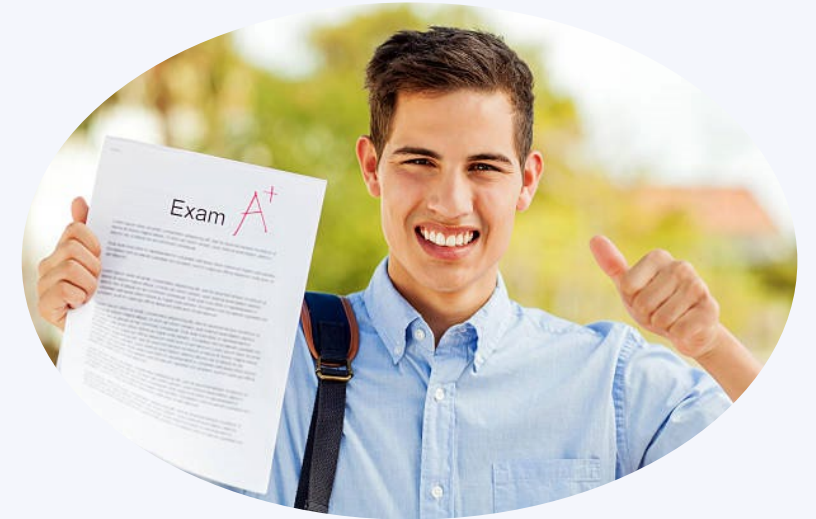
What happens when we don't sleep?

- ↓ skill accuracy and decision making
- ↓ running performance
- ↓ physical and psychological recovery
- ↓ endurance and strength
- ↑ errors (we become dumber)
- ↑ reaction time (we become slower)
- ↑ chance of illness (we become sicker)
- ↑ risk of injury (we compromise our career)

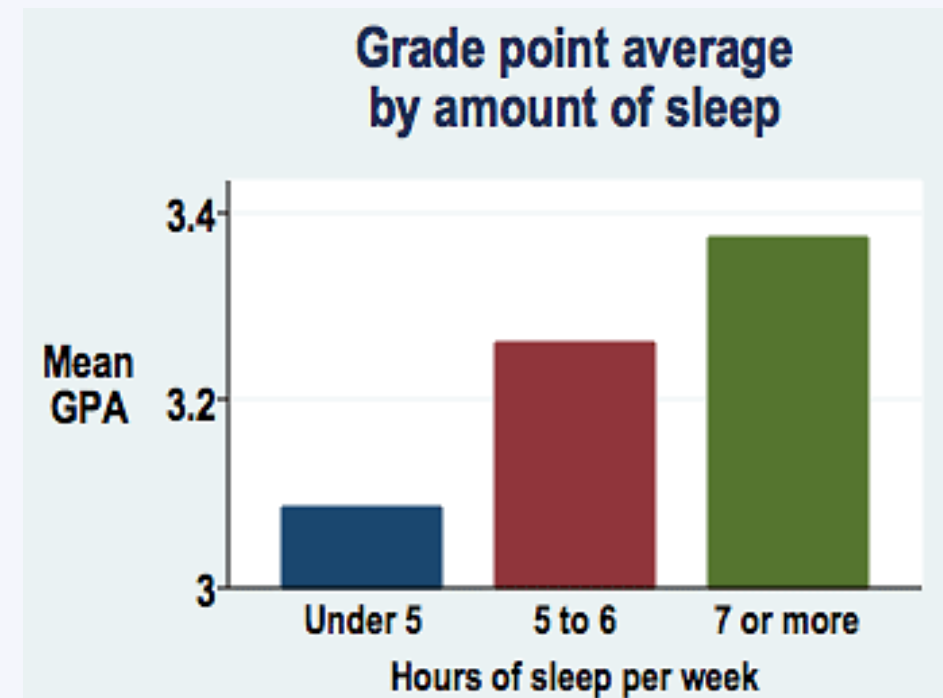
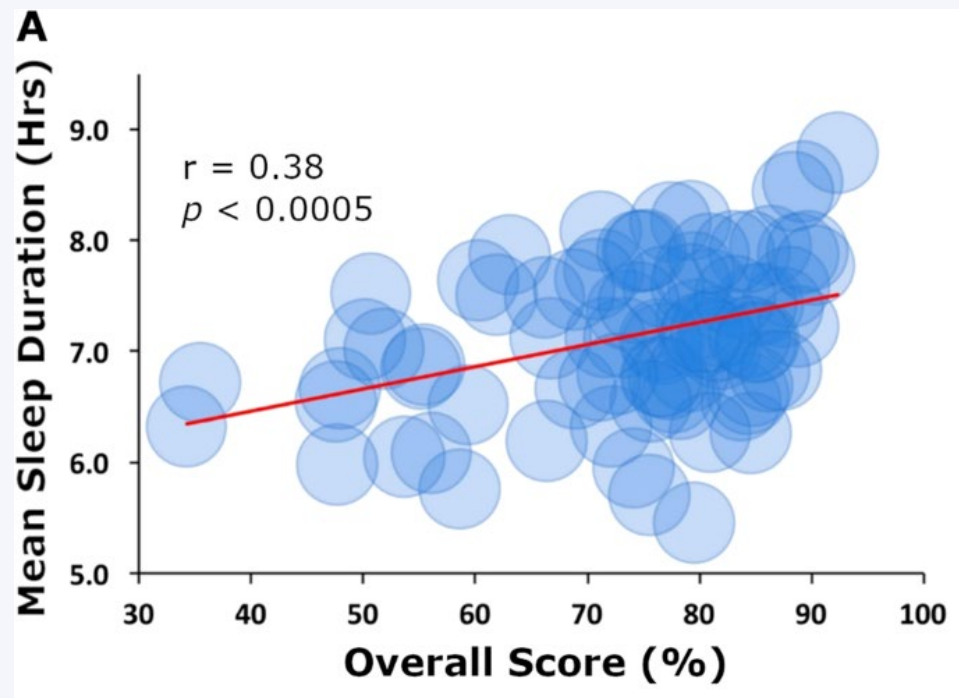


What happens when we sleep well?

Research shows that people who get more sleep, get better grades in school.

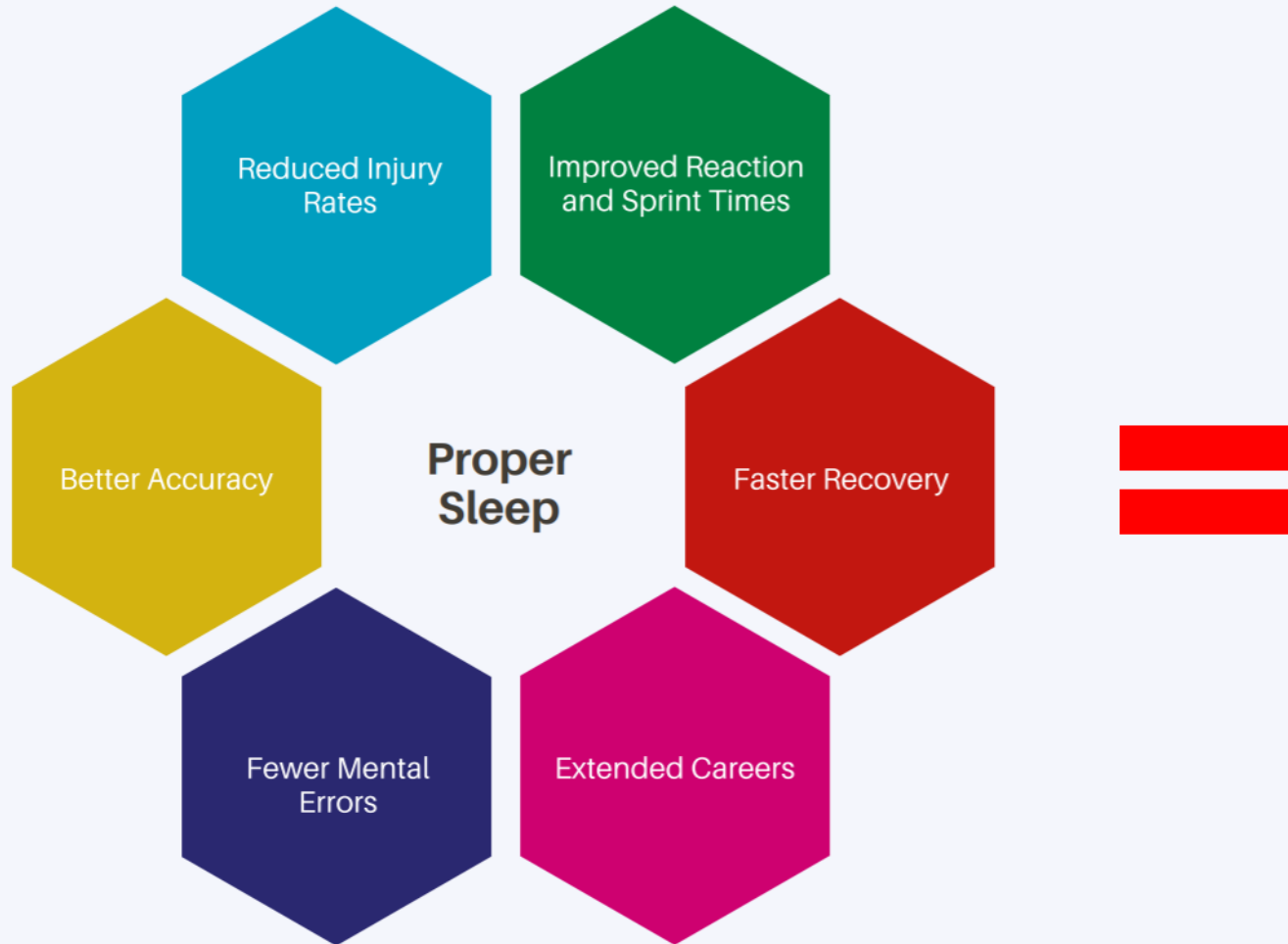


What happens when we sleep well?

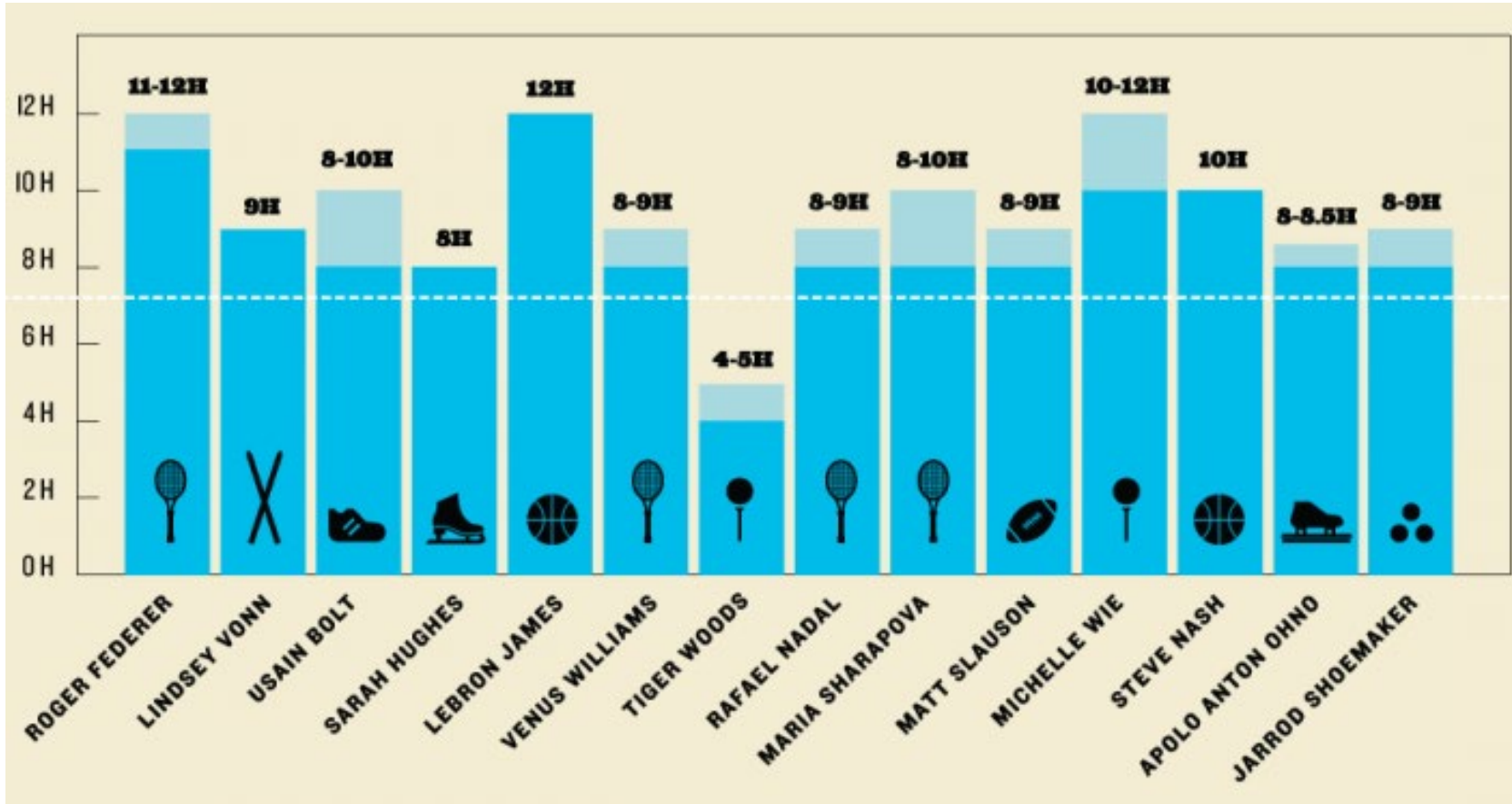


Okano et al.; Radwin et al.

What happens when we do sleep well?



CHAMPIONS LOVE TO SLEEP



"...A good mattress is important wherever I go, as I'm always trying to find something that's comfortable and allows me to sleep as well as I possibly can."

TOM BRADY

Five-time Super Bowl Champion,
Two-Time NFL MVP, NCAA champion

"Sleep is extremely important to me – I need to rest and recover in order for the training I do to be absorbed by my body"

USAIN BOLT

Sprinter, eleven-time world champion,
eight-time Olympic gold medalist

"When in competition or heavy training, sleep is the most important factor in achieving my optimal athletic performance."

REBECCA JOHNSTON

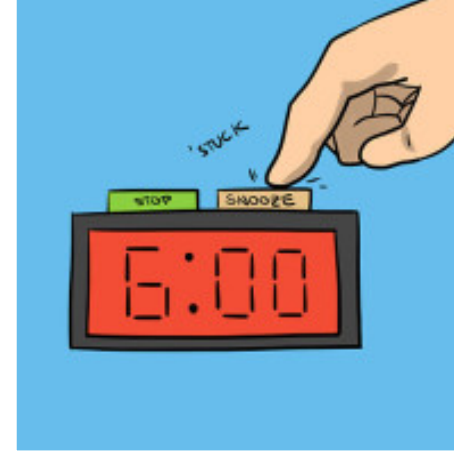
Hockey player, world champion, two-time Olympic gold medalist

**TOP
10**

Wake up



Alarm



Light



Zen



Screens



TOP 10

Nutrition



TV



Temperature



Mattress



Mental





Activity

Split into groups of 2-4



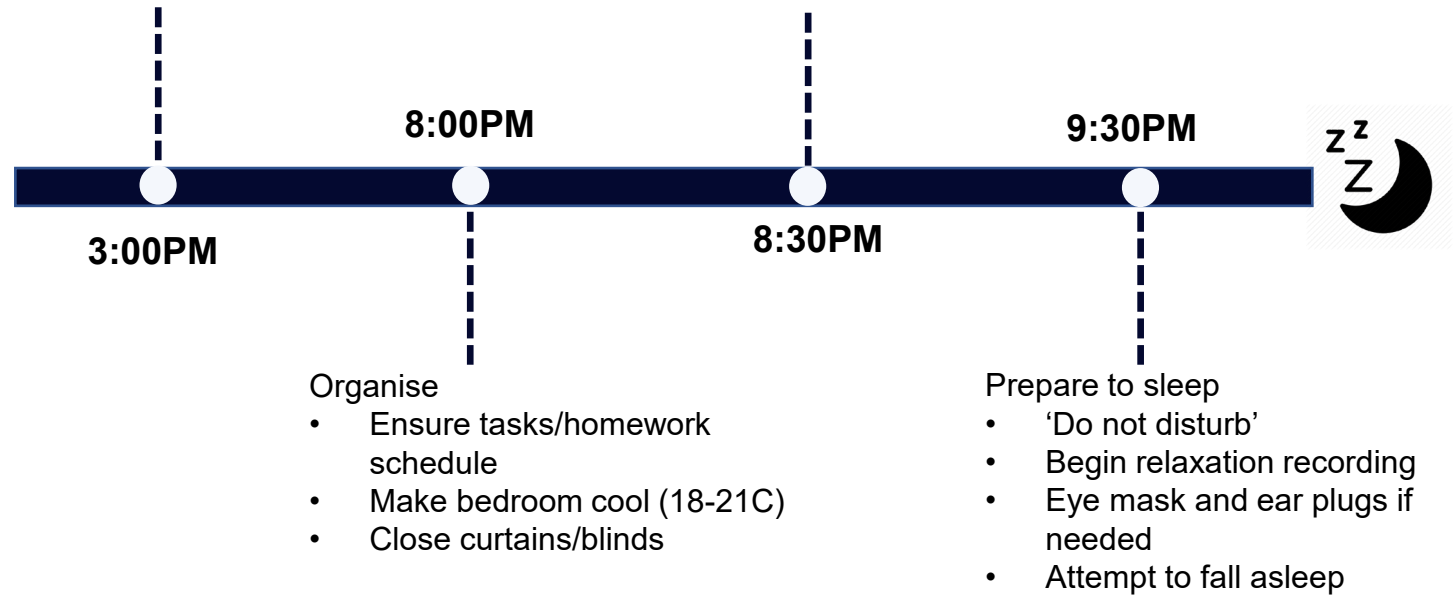


Start the process

- Stop caffeine and stimulant consumption

“Power Down Hour”

- Reduce exposure to light
- Minimise physical activity
- Minimise use of technology



Summary

- Sleep is critical to **life** - bigger than we give it credit for!
 - Holistic - illness, injury, school, sport
- A loss of sleep can reduce **performance**, **cognitive ability**, and have long-term negative **health** consequences
- Improved sleep can enhance performance, increase the likelihood of getting **better grades** and enhancing **quality of life**
- Set your **strategy**!
- **Each individual is different** and will have different performance and recovery effects



Thank you!!!

Questions?

References

YLM Sport Science
Google Images
National Sleep Foundation
SportingNews and ESPN
Huffington Post
ResearchGate

