

# ARE YOU TIRED?

Do you drink at least 500ml of fluid in the morning when you wake up?

Do you drink between 4 and 5 litres of fluid every day?

Do you eat breakfast that includes some form of quality protein?

Do you eat well balanced meals regularly?

Do you eat every 2-3 hours?

Do you eat good quality snack between meals?

Do you drink every 15 minutes while you train?

Do you apply yourself fully to cool down?

Do you have post training snacks within 30 minutes of finishing your training?

Do you make the most of your downtime to rest and recover?

Do you get at least 8 hours sleep every night?

Do you go to bed at the same time every evening?

**IF YOUR ANSWER IS NO TO ANY OF THESE QUESTIONS THINK...  
“RECOVER A WINNING HABIT.”**

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# SLEEP IS A WEAPON

FEEL BETTER = PERFORM BETTER

## SLEEP QUALITY IS IMPAIRED BY THE FOLLOWING:

**HEAT** The best temperature for sleep is around 18.3 degrees

**PAIN** Activated in the brain and causes awakenings

**NOISE** Only natural sounds help: wind, water, waves, rain

**LIGHT** Darkness improves depth and recovery sleep

**ALCOHOL** Liver metabolism of alcohol impairs recovery sleep

**RESTLESSNESS** Brain activity, awakenings, increased stress hormones, increase inflammation

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# EAT RIGHT =EQUALS= BETTER SLEEP

LARGE DOSES OF CARBOHYDRATE,  
WITH LITTLE PROTEIN AND FAT CAN  
INCREASE THE PRODUCTION OF  
SEROTONIN IN THE BRAIN. SEROTONIN  
ASSISTS WITH SLEEP BY MAKING YOU  
FEEL RELAXED AND CHILLED OUT.

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