

# SLEEP FACT <sub>z</sub> <sub>z</sub> <sub>z</sub> <sub>z</sub>



Humans are the only species on the planet that intentionally deprive themselves of sleep. Our animal friends know how important sleep is!!



The average half-life of caffeine is 3 to 7 hours...  
 ...for many of us this means drinking a cup of coffee at 5pm has the same effect on our sleep as drinking half a cup of coffee at midnight! :(

Phones and other devices emit blue light which messes with our bodies sleep hormone, called melatonin i.e. going on your phone before bed will make your brain confused about what time of day it is...  
 ...as you might expect, this really isn't good for our sleep quality




## ! Sleep improves athletic performance !

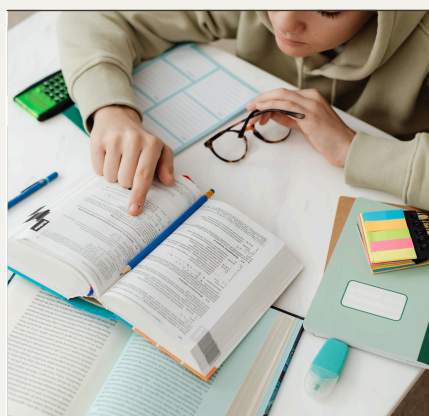
1. Sleep consolidates motor skills and muscle memory
2. Sleep repairs muscle tissue broken down when lifting weights
3. Sleep improves our ability to perceive effort and tolerate pain

Beauty sleep is a real thing!

Sleep improves skin health

It also makes your eyes brighter and helps you avoid dark circles 

Good sleep is great for hair growth



-Sleep allows for memory consolidation - the transfer of learning from short to long term memory  
 -Quality sleep enhances attention and focus  
 -Sleep clears out useless info and improves the brains ability to form new connections between neurons