

TIPS FOR PROPER REST

Study in 2011 examined sleep deprivation and muscle gains aid recovery found the following results:

DO



Low Intensity
Activity
Before Bed



Go to Sleep
Similar Time
Every Night



Drink/Eat
Protein
Before Bed

How The
Amount of
Sleep Effects
Your Muscles

5.5 Sleep Hours =
60% Less Muscle Mass

8.5 Sleep Hours =
40% More Muscle Mass

AVOID



Intense
Active
Exercise



Sleeping Late
& Waking Up
Early



Alcohol &
Caffeine

