Sleep, Recovery and Performance
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
Optima-life specialises in technology and services for optimising health, well being and performance in work, sport and every day life. We work with organisations who believe that people are truly important; organisations who want to support people achieve more both at and away from work; organisations that recognise the importance of KHPIs (Key Human Performance Indicators) and organisations who believe that a proactive approach will positively impact business.

We provide an objective approach to health, well being and lifestyle that aims to deliver productivity, resilience and performance.

Our clients reflect our experience in the sporting, corporate and health sectors, both nationally and internationally.

Our values: Integrity, Objectivity, Collaboration, Fun, Purpose

Our drivers: People, Innovation, Behaviour, Performance

simonshepard@optima-life.com
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**

---

Optima-life specialises in technology and services for optimising health, well being and performance in work, sport and every day life. We work with organisations who believe that people are truly important; organisations who want to support people achieve more both at and away from work; organisations that recognise the importance of KHPIs (Key Human Performance Indicators) and organisations who believe that a proactive approach will positively impact business.

We provide an objective approach to health, well being and lifestyle that aims to deliver productivity, resilience and performance.

Our clients reflect our experience in the sporting, corporate and health sectors, both nationally and internationally.

Our values: Integrity, Objectivity, Collaboration, Fun, Purpose

Our drivers: People, Innovation, Behaviour, Performance

---

Settings: People, Potential, Performance

---

Commercial in Confidence
Stress and Sleep

- Who has been stressed?
- Who has had a bad night’s sleep?

  - this week
  - this month
  - this year
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.)
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

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

ZZZ...
It’s now time for you to take a look at you
Are you taking care of you?
Are you taking care of you?
The Performance Diagnostic

Understanding you and what makes you Perform
WE HAVE TO FOCUS ON WHAT'S IMPORTANT

HM. UM... ER...
Q 1

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

**Considerations:**

- 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?

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

R – R Interval
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…

Sympathetic Tone

Increases

Heart rate

Parasympathetic Tone

Decreases

Heart rate variability

Decreases  

Increases
Normal
HR 48 bpm,
SDRRI 82 ms

Overtrained
8 weeks later
HR 47 bpm,
SDRRI 12 ms

Uusitalo 2000,
Suomen
Lääkärilehti
Physiologically Coping?

Physiologically Stressed?

Stress and Recovery Chart

Excellent recovery

Stress and Recovery Chart

No recovery
Evaluating Resilience

Resources Chart

- Resources
- Work period
- Sleep period

Stress

Recovery

+ive territory

-ive territory

Resources Chart

- Resources
- Work period
- Sleep period

Stress

Recovery

+ive territory

-ive territory
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
Tim Wright
timwright@optima-life.com
07970 708614

Sport  Health  Work

Making the messages become real