

### PERFORMANCE HEALTH

## The Importance of Sleep for Overall Performance

Sleep is vital for performance. Scheduling time and a suitable environment for good quality sleep can assist one in performing the best. Sleep is essential to overall health and well-being. Seven to eight hours of sleep are critical to the cognitive, physical, and emotional health. Sleep does indeed recharge you, help you perform your best, learn more, and even look better.

The benefits to the brain with a good night's sleep fosters attention and concentration.<sup>3</sup> Sleep is necessary for one to create memory which is essential for learning. Lack of sleep can cause difficulty with other aspects of thinking, including memory, problem-solving, creativity, emotional processing, and judgment. The good news is that improving sleep can boost cognitive performance in the short and long term. Improving sleep improves thinking, making it sharper and can prevent age-related memory concerns, such as dementia and Alzheimer's dementia.<sup>3</sup>

It is no secret that sleep recharges you. Getting a good night's sleep can be challenging and is almost a catch twenty-two. Evidence shows that one performs better physically with a good night's sleep, but incorporating rigorous activity through a regular exercise program increases longevity and can help one sleep better.<sup>1</sup> It is just as important for the average person just as it is for well-trained athletes who must plan their training schedules, meals, and snacks to make time for rest and sleep. Lack of attention to sleep can affect overall performance. Sleep is important for everyone, athletes and non-athletes alike.<sup>2</sup>

<sup>1</sup>CDC (n.d.). *Benefits of physical activity*. <https://www.cdc.gov/physicalactivity/basics/pa-health/>

<sup>2</sup>Fry, A. (2022). *Sleep, athletic performance, and recovery*. Sleep Foundation. <https://www.sleepfoundation.org/physical-activity/athletic-performance-and-sleep>

<sup>3</sup>Suni, E. (2022). *How lack of sleep impacts cognitive performance and focus*. Sleep Foundation. <https://www.sleepfoundation.org/sleep-deprivation/lack-of-sleep-and-cognitive-impairment>

## How To Choose a Mattress

Choosing the right mattress is a big step toward helping you sleep better. Purchasing a new bed is an individual process; What works for one person may not apply to someone else.

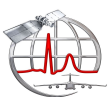
Finding the right product is about more than just what's within your price range too. You'll need to consider other important construction factors that can impact how a bed will feel and perform for you specifically. Plus, with so many mattress options available, Knowing what to look for will help narrow down the list.



### 8 Easy Steps - The Definitive Guide

- Step 1: Do You Really Need A New Mattress?
- Step 2: Determine your Budget
- Step 3: Choose Your Ideal Type and Material
- Step 4: Find the Best Mattress Size
- Step 5: Determine Your Ideal Sleeping Position and Firmness
- Step 6: Consider Your Weight as a Factor
- Step 7: Test Comfort and Support
- Step 8: Look for Sleeping Hot Solutions

Sleep Advisor (2022). *How to choose a mattress in 8 easy steps – The definitive guide*. <https://www.sleepadvisor.org/how-to-choose-a-mattress/>



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Check out the calendar on other side  
to see what's going on this week.

A Personal Message From Your Health  
Promotion Health Myth Busting Team

Dear Health Myth Busters,

I understand that exercise helps sleep, but why is it so difficult for me to get to sleep after a rigorous workout?

Sincerely,  
Can't sleep after working out



Dear Can't sleep after working out,

I am sorry to hear that you have had difficulties sleeping after working out. The three reasons why you may have difficulty sleeping after a rigorous workout could be related to an increase in your body temperature, the release of hormones, and caffeine that could be in your performance beverages. Falling and staying asleep can be difficult if your core body temperature is high. Sleep onset is linked with a decrease in core body temperature of about two degrees that begins about two hours prior to bedtime, and falls further overnight. Exercise raises the body temperature by several degrees which can prevent the normal drop in temperature. Exercising earlier in the day can help counteract this dilemma. There are several hormones that are released during exercise, they are cortisol, adrneline, and nor adrenaline. HPA is another hormone released, which increases arousal thus preventing sleep. These stress hormones cause the body to utilize oxygen and nutrients more effectively to hit your intervals with high intensity. Understanding that it takes several hours for the body to process all these hormone for them to return to a normal level. Once they return to that level your body is set up for a good nights sleep. The last reason that you may not be sleeping could be related to your performance nutrition. Caffeine is often an ingredient in many performance and hydration beverages. Caffeine does enhance performance but it also can prevent sleep. Ensure that you read the labels of what you are consuming and be aware of the time you are consuming them especially if your workout within six hours of your bedtime. Understanding the physiology of your body will help you plan your activity better and sleep well.

Sincerely,  
Health Myth Busters

Hanson, J. (2022). Why do I have trouble sleeping after a hard workout? TriAthlete. <https://www.triathlete.com/training/why-do-i-have-trouble-sleeping-after-a-hard-workout/>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to [usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil). Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

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 Air Force Health Promotion HQ

Community  
Events

HERE’S WHAT’S GOING  
ON WHERE YOU LIVE

Your Local Health  
Promotion Office



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