

## Why Does Improving Your Sleep Help With Your Exercise Goals?

### ● Increased energy

When you sleep more, you have more energy!

### ● Muscle repair

During sleep, your body is hard at work repairing itself. Whether you're taking brisk walks or hitting the gym, sleep is vital for repairing muscle tissue as this is when your brain secretes the most growth hormone. Several studies indicate deep sleep is the stage that sees the most secretion, making those physically restorative ZZZs extra important.

### ● Injury prevention

Sleep deprivation and poor sleep are linked to increased risk of injury. This increased risk is thought to be related to fatigue and impairments in reaction time. Along with proper training, a good night's rest might be your greatest weapon against injury!

### ● Learning and memory

While you're sleeping, your brain takes care of several important tasks related to performance. Learning and memory consolidation are critical if you are trying to master a movement or skill that requires coordination. For example, research has found that athletes learn sport-specific skills faster after regular sleep compared to being sleep deprived.

#### Sources:

Growth hormone secretion during sleep. *The Journal of Clinical Investigation* (1968)

Sleep and athletic Performance. *Current Sports Medicine Reports* (2017)

Snooze you win? It's true for achieving hoop dreams, says study. *Stanford Medicine* (2011)

Sleep extension improves serving accuracy: A study with college varsity tennis players. *US National Library of Medicine, National Institutes of Health* (2015)



# AMP Your Resolution

The secret ingredient to help you achieve your resolutions this year

sleepscore  
labs™

Every year we make resolutions to improve ourselves, from losing weight to getting in shape to reducing stress or eating better. SleepScore statistics show that one major reason keeps us from succeeding and it's something we can do something about – getting better sleep.

Compared to people with normal weight, people with obesity show **17 to 22 minutes decrease in total sleep time**. That's a lot in sleep terms!

## Here's why:

**RESOLUTION SUCCESS**

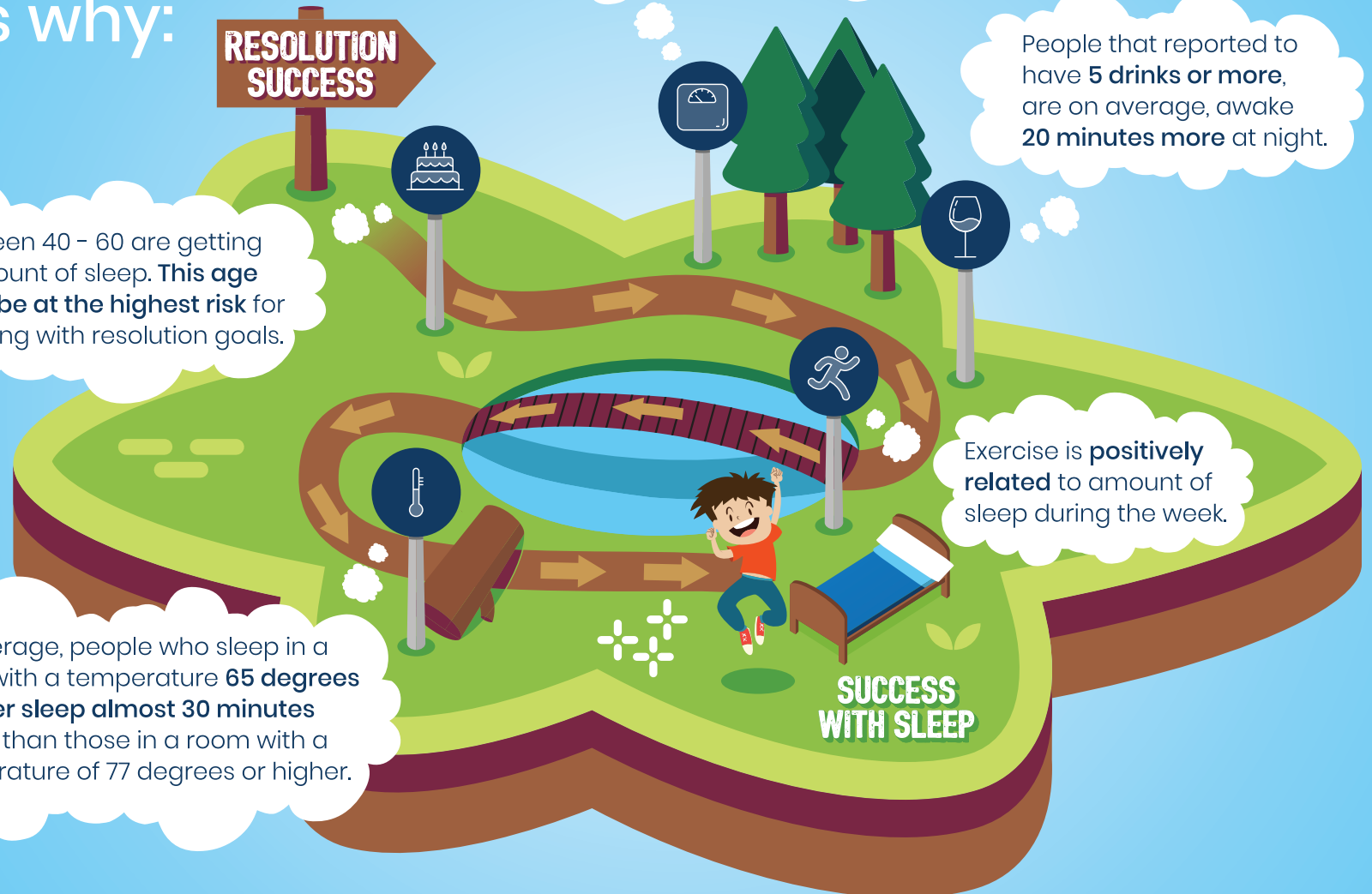
People between 40 - 60 are getting the least amount of sleep. **This age group could be at the highest risk** for not succeeding with resolution goals.

People that reported to have **5 drinks or more**, are on average, awake **20 minutes more** at night.

On average, people who sleep in a room with a temperature **65 degrees or lower sleep almost 30 minutes longer** than those in a room with a temperature of 77 degrees or higher.

Exercise is **positively related** to amount of sleep during the week.

**SUCCESS WITH SLEEP**



# Awareness

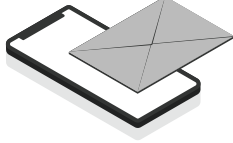
Days 1-7

Day 01




Daytime Behavior

Day 02



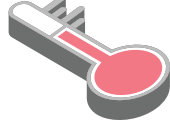
Winding Down

Day 03



Pre-Sleep Routine

Day 04



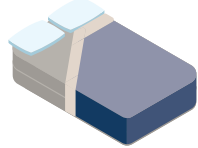
Bedroom Environment

Day 05




Falling Asleep

Day 06



Staying Asleep

Day 07



Waking Up

# Makeover

Days 8-14

Day 08



Your Pillow & Mattress

Day 09




Sheets, Blankets & Pajamas

Day 10



Zero Light

Day 11



Keep it Quiet

Day 12



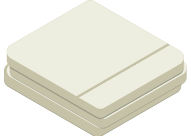
Keep it Cool

Day 13



Pet Problems

Day 14




Keep it Clean

# Progress


Days 15-28

Day 15




Keep Your Health in Check

Day 16




Exercise Early

Day 17




Curb the Coffee

Day 18



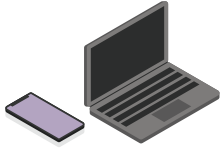
Eat Early

Day 19



Alcohol Curfew

Day 20



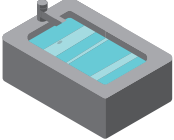
Keep Stress Away

Day 21



Winding Down

Day 22



Warm Up

Day 23




Breathe Deep

Day 24



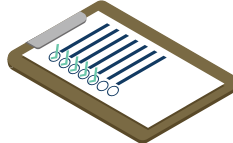
Progressive Muscle Relaxation

Day 25




Soothing Sounds

Day 26



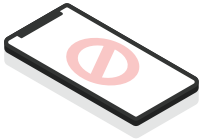
Relaxing Routines

Day 27



Consistent Bedtime

Day 28



Do Not Disturb