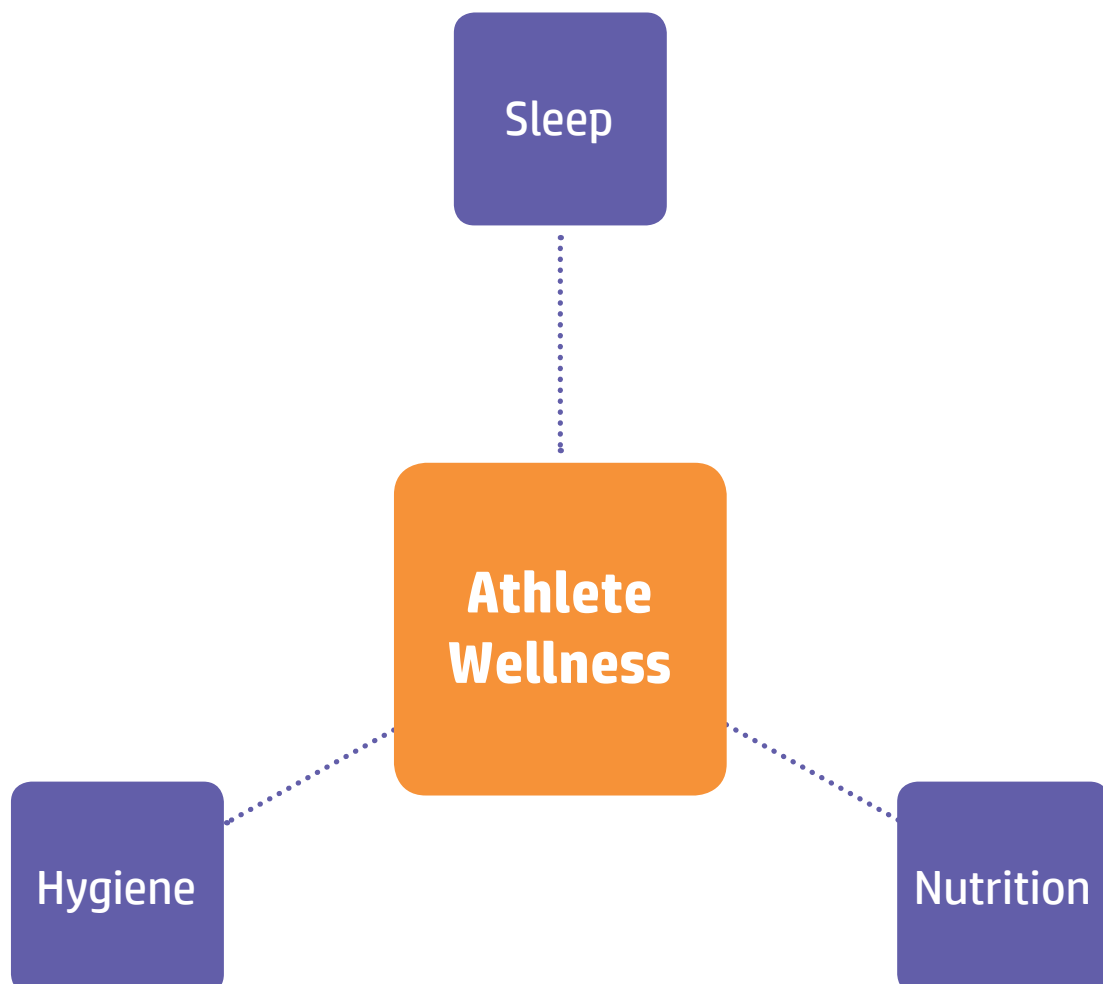


## REDUCING ILLNESS






10 - 20 EXTRA TRAINING DAYS

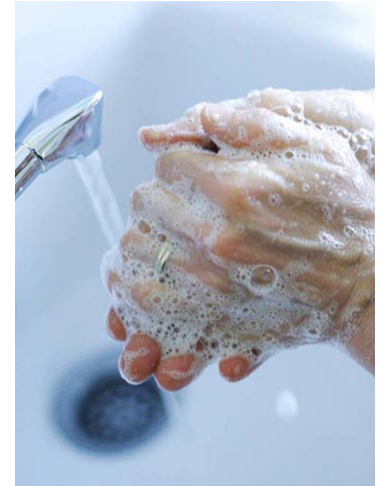
- Get ill less often
- Faster recovery

## ATHLETE WELLNESS









## HYGIENE

-  Wash hands frequently
-  Consider others when ill
-  During high risk times, avoid possible contact with infection
-  Dispose of tissues correctly
-  Wear appropriate clothing



## SLEEP

-  30 - 35 sleep cycles per week - (90 mins)
-  Avoid electronic devices before bedtime
-  Sleep in a dark and cool room
-  Use relaxation if required
-  Your bedroom is for sleep
-  Don't clock watch

**Light from Smartphones & Tablets Can Delay Sleep**

*Designed by nYLLMSportScience*


In this study, 18 individuals used self-luminous tablets to read, play games, and watch movies before going to bed.

Melatonin is a hormone produced by the pineal gland at night and under conditions of darkness in both diurnal and nocturnal species. It is a "timing messenger," signaling "nighttime" information throughout the body. Exposure to light at night, especially short-wavelength, blue light, can slow or even cease nocturnal melatonin production.

"Our study shows that a 2-hour exposure to light from self-luminous electronic displays can suppress melatonin by about 22%. Stimulating the human circadian system to this level may affect sleep in those using the devices prior to bedtime."

*Martina Figueira, PhD*

Reference: Figueira et al. Applied Ergonomics, 2012 & www.bci-portal.org



## SLEEP (continued)

# 2 MIN GUIDE TO IMPROVE YOUR SLEEP

Designed by GILF Sports Science

### Effects of sleep deprivation



### Checklist to sleep better



## 4 TIPS FOR THE PERFECT



# POWER NAP

Designed by GILF Sports Science

### FIND A GOOD PLACE TO NAP

- 1 Turn off your mobile phone and any other potential distractions
- 2 If background noise is unavoidable, put on headphones with relaxing music
- 3 Wear sunglasses or use an eye mask to create a suitable darkness



### SET AN ALARM TO GO OFF IN 15-20 MINUTES

If you're one of those people who has a habit of pressing the " snooze " button and going right back to sleep, put your alarm across the room so that you have to get up to turn it off.



### HAVE CAFFEINE RIGHT BEFORE YOU NAP

Taking a "caffeine nap" will not only improve your performance, but it'll also leave you feeling refreshed when you wake up.



### WAKE UP ON TIME

- 1 Sleeping more than 30 minutes can lead to sleep inertia
- 2 Follow up with physical activity (with a few jumping jacks or push-ups)
- 3 Wash your face and expose yourself to bright light



# RETURN TO TRAINING

**Try not to expose others!**

**Stay hydrated, relax, check all medications**

## ABOVE THE NECK

- Light exercise for 5-7 days
- Gradually build up over 3 days
- Return to normal on day 4 if symptoms completely cleared



## BELOW THE NECK

- Seek medical advice
- Complete rest for 3-7 days
- If symptoms have reduced (aches, fever, fatigue, productive cough) light exercise for 5-7 days
- Gradual build up over 3 days
- Return to normal on day 4 if symptoms completely cleared

**Follow guidelines to avoid secondary illness  
or Post Viral Fatigue**