

## **It's time for some sleep**

In today's busy world, one thing that is hard to come by is sleep.

It's not that hard... you get comfortable, close your eyes and drift off into another world where all the troubles of the day are vanquished. In the morning you will wake up feeling fully rejuvenated and ready to take on the world. Sounds easy doesn't it?

It is recommended that people get a certain amount of sleep each night to ensure that the human body functions correctly throughout the day. If this sleep is not achieved each night then a "sleep debt" is produced.

So how much sleep is enough?

- Babies – 9 up to 18 hours per day
- Children – 9 up to 12 hours per night
- Adults – between 8 and 9 hours per night

What things can you do to make sure that you are sleeping better?

- Go to bed at a regular time
- Wake up at a regular time each morning
- Eat regular, healthy meals
- Exercise throughout the day
- Find ways to overcome the stresses of everyday life (boxing/running/driving)

The body is designed to rest each night to help with its regeneration. If you do what the body needs you will not only feel more energetic throughout the day, but you will get superior outcomes with your training program. Training hard tires out the body, so let the body recover with some sleep and you will see the results.

So relax, close your eyes and drift off into the land of nod. I expect to see you all bright and early tomorrow morning at KP full of energy and well rested.