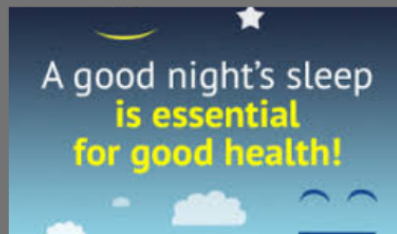


ATTENTION ATHLETES- IT'S ALL ABOUT

SLEEP



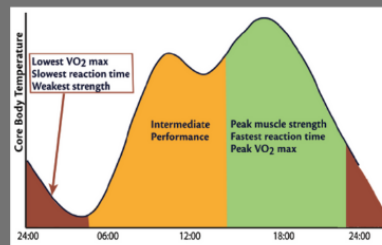
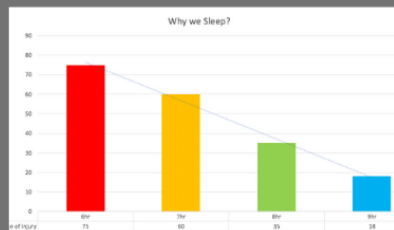
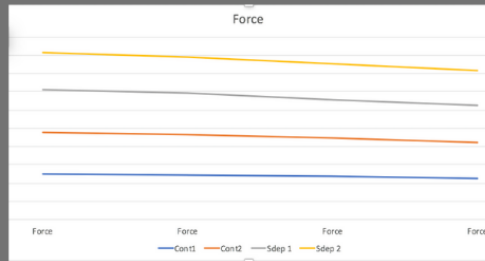
Good sleep increases concentration and productivity and has a direct impact on on the field performance



Follow a night time routine daily to help your body adjust to a regular sleep schedule

"Honestly I won't even train an athlete with less than 4 hours of sleep- its really dangerous"

Celebrity trainer
Jamal Liggins



Athletes that met recommended weekday sleep duration (>8hrs/night) were 61% less likely to get injured

Sleep directly effects athletic performance. Superimposed on these fluncuation, performance will degrade with sleep loss.

References

- <https://tinyurl.com/ykbpvnjw>
- <https://tinyurl.com/2fa5weau>
- <https://tinyurl.com/fe265nzc>

