

Performing under Pressure; on the Biology, Psychology and Sociology of stress in high-performance professions

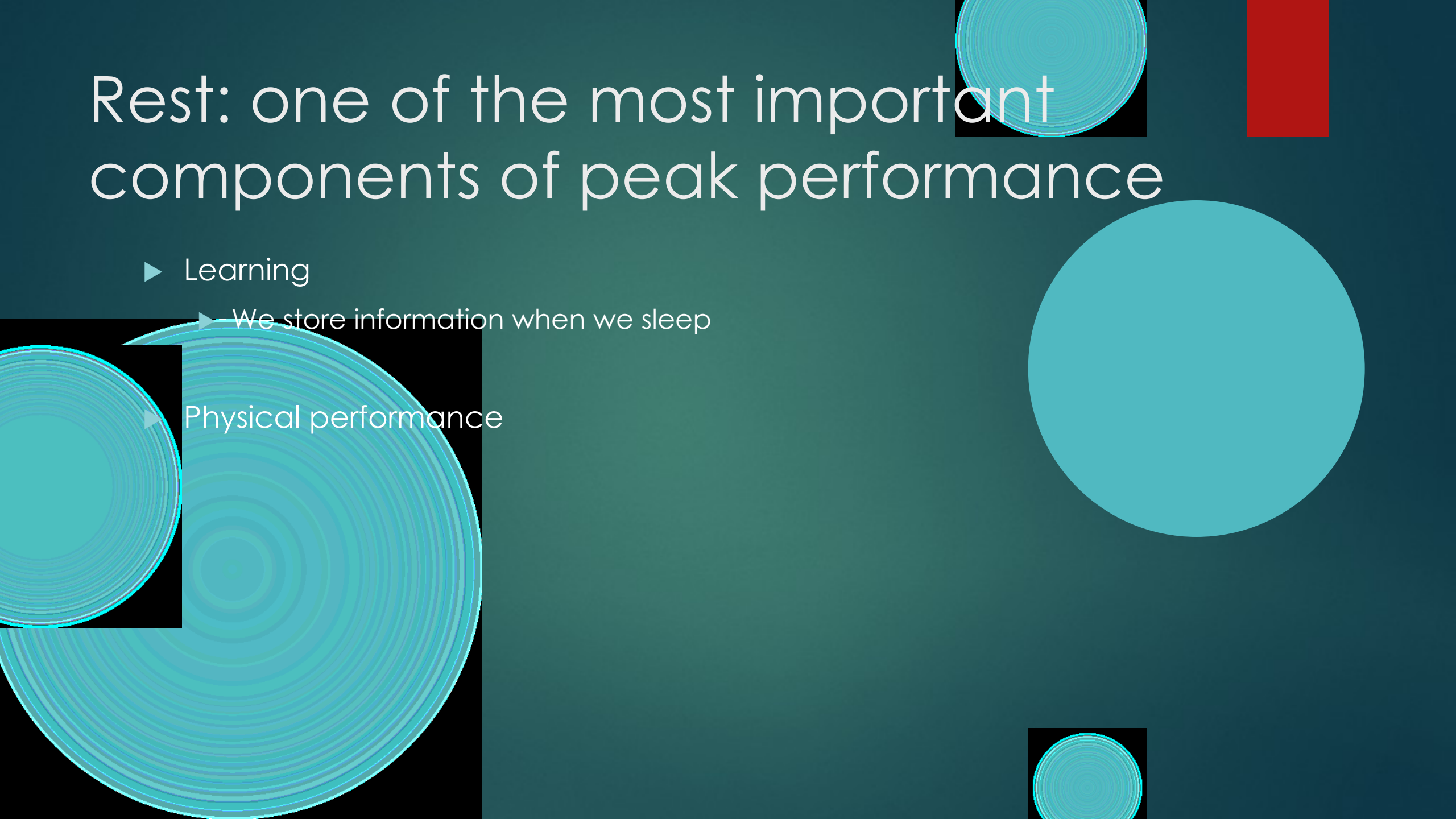
X – RELAX, ON THE IMPORTANCE OF REST

Rest: one of the most important components of peak performance

- ▶ Learning

- ▶ We store information when we sleep

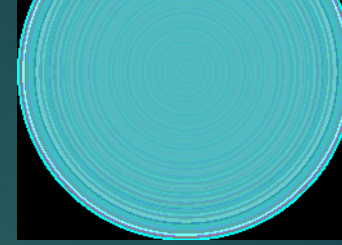
- ▶ Physical performance



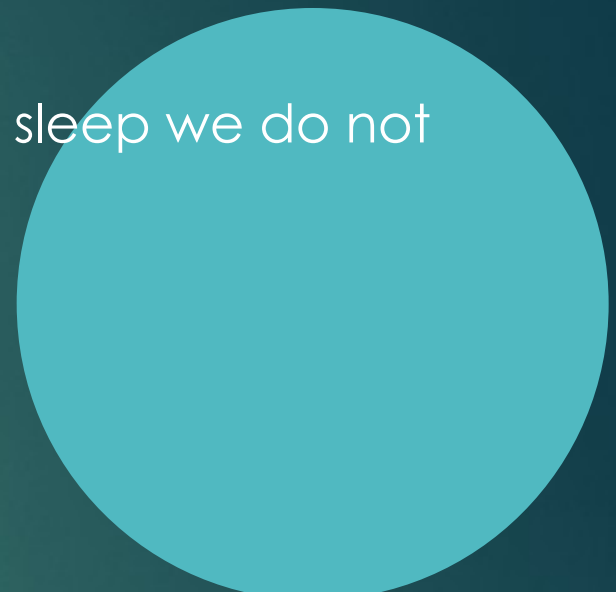
When was the last time you were
delusional?



On the importance of sleep



- ▶ Nature has not provided us with a means to store sleep. The sleep we do not get is lost.



- ▶ Immune system
- ▶ Endocrine system
- ▶ Cognitive function

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Su, L., Zhang, S. zheng, Zhu, J., Wu, J., & Jiao, Y. zheng. (2021). Effect of partial and total sleep deprivation on serum testosterone in healthy males: a systematic review and meta-analysis. *Sleep Medicine, 88*, 267–273. <https://doi.org/10.1016/j.sleep.2021.10.031>

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Stages of sleep: and their importance

- ▶ Deep sleep

- ▶ Delta waves / slow waves

- ▶ Memory consolidation

- ▶ Rapid Eye Movement sleep

- ▶ Dream state

- ▶ Memory contextualization

Walker, M. (2017). *Why We Sleep: Unlocking the Power of Sleep and Dreams*. Retrieved from <https://www.ptonline.com/articles/how-to-get-better-mfi-results>

Why sleep is so important

- ▶ Acute extreme sleep deprivation can
 - ▶ Be fatal
 - ▶ Lead to exacerbation of mental issues
 - ▶ Will lead to psychotic symptoms while sleep deprived

Chronic sleep deprivation

- ▶ Testosterone (a few nights of 4-5 hours – drop to levels of someone 10 years older)
- ▶ Blood sugar dysregulation
- ▶ Immune system failure
- ▶ Effect on gene-expression
- ▶ 1 night of 4 hours – a 70 % drop in natural killer cells
- ▶ Alzheimer's

Temperature and sleep

- ▶ During sleep core body temperature drops about 1 degree
- ▶ You need to get colder to get to sleep
 - ▶ Warm bath
 - ▶ Feet out
- ▶ You need to get warm to wake up



Light and sleep

- ▶ Early morning light starts the production of adenosine

- ▶ Caffeine

- ▶ Late afternoon / early evening light and dark stimulate melatonin

- ▶ Blue light filters

- ▶ Using your mobile devices before sleep

Article, O. (2001). *Circadian Time of Morning Light Administration and Therapeutic Response in Winter Depression*. 58.

Choi, K., Shin, C., Kim, T., Chung, H. J., & Suk, H. (2019). *Awakening effects of blue-enriched morning light exposure on university students' physiological and subjective responses*. (November 2018), 1–8. <https://doi.org/10.1038/s41598-018-36791-5>

Lawrenson, J. G., Hull, C. C., & Downie, L. E. (2017). *The effect of blue-light blocking spectacle lenses on visual performance, macular health and the sleep-wake cycle: a systematic review of the literature*. 37, 644–654. <https://doi.org/10.1111/opo.12406>

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Sleep and nutrition

- ▶ Disruption of hunger hormones

- ▶ Leptin

- ▶ Ghrelin

- ▶ Increased appetite

- ▶ Especially for savory and high carbohydrate foods

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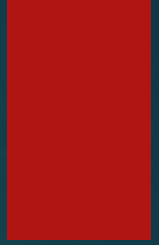
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Stimulating and buffering sleepiness

▶ Caffeine

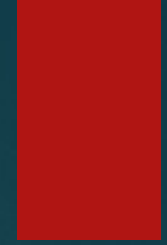
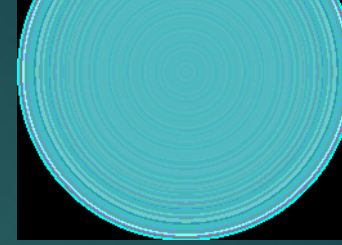
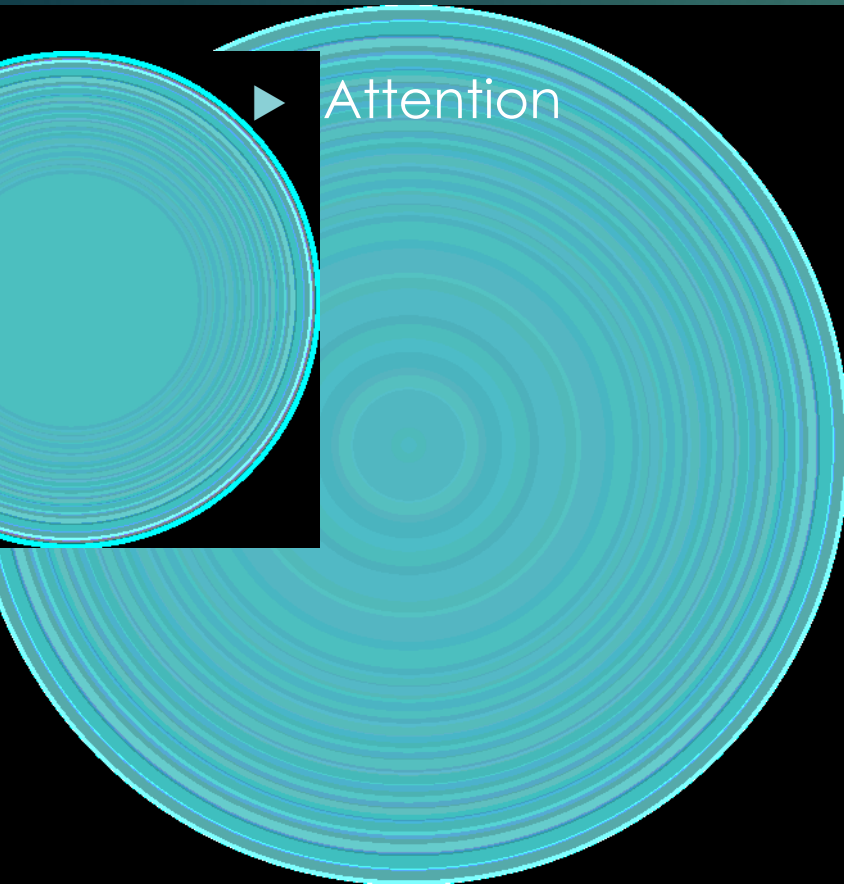
▶ Alcohol & sedatives

▶ Melatonin supplementation



Sleep and motivation

- ▶ Dopamine disruption



Sleep and peak performance

- ▶ Lowered effect of μ -opioid receptor
- ▶ Disrupted dopamine / serotonin
- ▶ Increased stress sensitivity

Zant, J. C., Leenaars, C. H. C., Kostin, A., Van Someren, E. J. W., & Porkka-Heiskanen, T. (2011). Increases in extracellular serotonin and dopamine metabolite levels in the basal forebrain during sleep deprivation. *Brain Research*, 1399, 40–48. <https://doi.org/10.1016/j.brainres.2011.05.008>

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Benedetti, F., Barbini, B., Campori, E., Colombo, C., & Smeraldi, E. (1996). Dopamine agonist amineptine prevents the antidepressant effect of sleep deprivation. *Psychiatry Research*, 65(3), 179–184. [https://doi.org/10.1016/S0165-1781\(96\)03000-4](https://doi.org/10.1016/S0165-1781(96)03000-4)

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