



THE IMPORTANCE OF SLEEP FOR PERFORMANCE AND WEIGHT LOSS



PAMELETTI PRO

FITNESS & LIFESTYLE

SLEEP IS WHEN THE BODY RECOVERS

DEEP SLEEP IS WHEN YOUR BODY

- REPAIRS MUSCLE TISSUE
- REGULATES KEY HORMONES
- STRENGTHENS YOUR IMMUNE SYSTEM
- RESTORES YOUR CENTRAL NERVOUS SYSTEM
- IF YOU'RE TRAINING HARD BUT SLEEPING
- POORLY, YOU'RE NOT RECOVERING YOU'RE JUST ACCUMULATING FATIGUE.

SLEEP REGULATES FAT-LOSS HORMONES LACK OF SLEEP CREATES HORMONAL CHAOS, MAKING FAT LOSS MUCH HARDER

- CORTISOL INCREASES (STRESS HORMONE) → MORE BELLY FAT
- GHRELIN INCREASES (HUNGER) AND LEPTIN DECREASES (SATIETY) → MORE CRAVINGS AND OVEREATING
- INSULIN SENSITIVITY DECREASES → YOUR BODY STORES MORE FAT AND BURNS LESS

RESULT? MORE HUNGER, LESS ENERGY, SLOWER PROGRESS EVEN WITH PERFECT TRAINING AND NUTRITION.

SLEEP BOOSTS TRAINING PERFORMANCE

GOOD SLEEP ENHANCES

- COORDINATION AND REACTION TIME
- STRENGTH AND POWER OUTPUT
- CARDIOVASCULAR ENDURANCE
- FOCUS AND RECOVERY CAPACITY

BETTER SLEEP = BETTER WORKOUTS = BETTER RESULTS.

POOR SLEEP IS SILENT SABOTAGE EVEN WITH A GREAT PROGRAM, POOR SLEEP CAN LEAD TO

- FAT LOSS PLATEAUS
- MUSCLE BREAKDOWN
- HORMONAL IMBALANCE
- LOWER ENERGY AND HIGHER INJURY RISK

TIPS TO IMPROVE YOUR SLEEP SIMPLE HABITS CAN MAKE A BIG DIFFERENCE

- SET A CONSISTENT SLEEP AND WAKE TIME
- AVOID SCREENS AT LEAST 1 HOUR BEFORE BED
- AVOID TRAINING TOO LATE AT NIGHT
- LIMIT CAFFEINE IN THE AFTERNOON
- MAKE YOUR BEDROOM DARK, QUIET, AND COOL

FINAL REMINDER

YOUR BODY DOESN'T CHANGE WHILE YOU TRAIN IT CHANGES WHILE YOU SLEEP.

IF YOUR GOAL IS TO LOOK BETTER, PERFORM BETTER, AND FEEL BETTER, START BY SLEEPING BETTER.