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Media Release – SLEEP - It's 1/3 of the Better Health Triangle

From: NZ Register of Exercise Professionals



SLEEP - It's 1/3 of the Better Health Triangle

Sleep is an important part of our health equation; we simply can't live without it.

Lack of sleep quickly leads to loss of concentration, tiredness, fatigue and impaired performance. In the long term, lack of sleep can contribute to negative health affects.

With all the health benefits of sleeping well, it is just as important as exercise and good eating patterns when we are looking at improving our health and fitness. Not getting enough sleep is linked with overeating and not having the energy to maintain a regular exercise programme. Just as you plan ahead with what you eat, and set aside time for regular exercise sessions, the key to getting quality sleep is to book it in and make sure it happens.

It is generally accepted that adults need 7-8 hours sleep a night and failure to get this needed rest time will have a roll on effect on other parts of your life. It's not normal to feel tired and washed out all the time, or lack the energy to do the things you need to do. If fatigue and tiredness is an issue for you then check in on your sleeping habits. There are some things you can do to help get a better night's rest.

Engaging in a regular exercise programme is one way to improve your quality of sleep. Inactivity and stress can lead to interrupted sleep or a lack of physical tiredness, which can make getting to sleep more difficult. Getting active reduces your stress levels by allowing an outlet for your anxieties, and encouraging the release of feel good hormones, and by the end of the day that exercise will contribute to tiredness, which will assist with sleep.

A good night's sleep has a reciprocal relationship with exercise. It is while you sleep that much of our muscle recovery and repair happens, so just as exercise will help you sleep, good sleep habits will help you maintain your exercise programme and boost your results.

There are studies showing that there is a relationship between lack of sleep and the inability to lose weight, so if you are on a weight loss journey, then enough sleep is as important as that gym session.

Aaron McLoughlin is an author with a self-development background, and an expert in sleep. He advises on techniques and tools that help people improve their quality of sleep. He states:

“Exercise is very important for a good nights sleep, however it is always the case that overdoing anything will have a negative effect over time. If we over-exercise we will get into bed too tired to be able to relax, and this level of stress is going to hinder the brain and body’s ability to find balance. Exercise is best done at least 2 hours before sleep so that the body can return to a homeostasis, which is a level of balance that will allow the process of rest to take shape.”

If you think you could do with a better night’s sleep, then why not ask a REPs (NZ Register of Exercise Professionals) registered trainer for a copy of the **Sleep Smart** information brochure from the REPs ‘Tell Me More’ information series. This guide has some helpful tips to getting a better night’s sleep. And don’t forget to keep up your regular exercise routine.

Contact Details:

For interviews and further information, please contact Richard Beddie Chief Executive, Exercise New Zealand richard@exercisenz.org.nz, telephone 0800 66 88 11, or Stephen Gacsal REPs Registrar, at stephen@reps.org.nz telephone 0800 55 44 99 - www.reps.org.nz

Who is the NZ Register of Exercise Professionals (REPs)?

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice.

Using REPs Registered Exercise Professionals is the “Warrant of Fitness Check” that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

