

REST HUB



Tips to Optimise Sleep & Performance During Pinnacle Events

You may experience extended or atypical hours during pinnacle events, the following tips may help to combat compromised sleep and maximise performance.

Sleep



- > In the week prior, consider 'banking sleep' by adding ~1 hour to your typical sleep periods.
- > If you are working at a time at which you would usually be asleep, aim to wake up as close as practically possible to your shift start time.
- > Across each day (24-hour period), aim to acquire your usual amount of sleep. You may be able to achieve this through one main sleep period or by splitting your overall duration into two sleep periods (e.g., either side of a work period/shift).
- > Regardless of location, optimise your sleep environment by aiming for a dark, quiet, cool (18-21 °C), and comfortable sleep space.



Naps

- > Napping can be a useful tool to increase total sleep time.
- > Typically, naps should be 20-90 minutes long and ideally occur between 1-4 pm. However, during periods of compromised sleep use naps flexibly to increase total sleep time over 24-hours.
- > Avoid napping within a few hours of your main sleep period and ensure they do not to interfere with falling or staying asleep.



Nutrition & hydration

- > Schedule time for 3 main meals across the day and ensure easy access to food to maintain energy.
- > Focus on a meal plan that prioritises unprocessed foods, supplemented with access to convenient, non-perishable snacks.
- > To avoid the physical/cognitive decline associated with dehydration, maintain fluid intake across the day.



Caffeine

- > As a general guide, limit intake to no more than 400 mg per day (e.g., equivalent to ~4 espresso shots, 6-8 cups of tea, or 4-5 small energy drinks).
- > Balance caffeine intake against its adverse impact on sleep quality, by avoiding within ~8 hours of planned sleep.
- > It may be tempting to increase caffeine during periods of compromised sleep; aim to maintain your typical intake and use strategically to increase cognitive function, as required.
- > Caffeine may be more effective when you have been awake for longer (e.g., a few hours after waking is likely more effective than immediately upon waking).



Wellbeing

- > Focus on factors within your control while acknowledging those beyond your control and influence.
- > Schedule downtime in the lead-up to events to provide valuable physical and mental recovery.
- > Identify self-care needs (e.g., physical, mental, or emotional) and find ways to recharge each day.
- > Social support can provide comfort and reassurance. Maintain communication with friends and family at home, as well as those on the ground.
- > Maintain a physical activity routine that suits the logistics and scheduling of the event.