PRE-MATCH PREPARATION
How you breathe during the day... ...influences how you breathe during sleep.
FOR BETTER SLEEP

BREATHE LIGHT

BREATHE THROUGH YOUR NOSE
GETTING A BETTER NIGHT’S SLEEP

Low BOLT and mouth breathing contribute to the following:

• Snoring, Sleep apnoea
• Disrupted sleep
• Nightmares
• Asthma symptoms (3am-5am)
• Needing to use the bathroom at about 6am
• Children wetting the bed during the night
• Fatigue first thing in morning
• Dry mouth upon waking
• Symptoms upon waking- blocked nose, wheezing, coughing or breathlessness
GETTING A BETTER NIGHT’S SLEEP

• Avoid blue light – smart phone and laptop

• Sleep in a cool and airy bedroom

• Don’t eat late at night or drink alcohol

• Switch to nasal breathing permanently

• Practise breathing softly for twenty minutes before sleep-parasympathetic NS

• Determine sleeping position
GETTING A BETTER NIGHT’S SLEEP

• Tape mouth closed-

• 3M micropore tape/LipSealTape.com

• Wear tape for twenty minutes during the day to become comfortable with it

• If mouth naturally moist in the morning, no need for tape
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• Meditation and reduced breathing 20 minutes (focus the mind)

• Perform 6 to 10 strong breath holds to create hypoxic hypercapnic response. Complete five to ten minutes prior to the game. (EPO and Splenic contraction)

• Medium to large breaths for 30 seconds to one minute to lower acidosis

• Bring a feeling of intense energy throughout the body
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- Nine well-trained swimmers (5 males and 4 females) performed a 50m front crawl sprint either in normal conditions (NO) or after hyperventilation (HV) (30-second pre-exercise maximal voluntary hyperventilation).
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- Average velocity for the 50 m front crawl was significantly higher after HV (1.81 m.s\(^{-1}\) vs. 1.79 m.s\(^{-1}\)).
- As a result, performance improves (27.79 s vs. 28.08).
- The number of breathing cycles recorded during each race was significantly lower under HV compared to NO.
- The stroke rate was slightly increased under HV conditions. (strokes per minute)
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• A pre-exercise maximal voluntary hyperventilation can significantly increase performance on the 50 m front crawl in well-trained swimmers.

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- Repeated high-intensity sprints incur substantial anaerobic metabolic challenges and create an acidic muscle milieu that is unfavorable for subsequent performance.

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• This study tested the hypothesis that hyperventilation performed during recovery intervals would attenuate performance decrement in repeated sprint pedalling.

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- Thirteen male university athletes performed 10 sets of 10-second maximal pedalling on a cycle ergometer with a 60-second recovery between sets under control (spontaneous breathing) and hyperventilation conditions in a crossover counter-balanced manner.

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- This intervention successfully increased blood pH by 0.03-0.07 but lowered P(CO2) by 1.2-8.4 mm Hg throughout exercise (p < 0.001).

In conclusion, hyperventilation implemented during recovery intervals of repeated sprint pedalling attenuated performance decrements in later exercise bouts that was associated with substantial metabolic acidosis. (too much H+ from the cells) The practical implication is that hyperventilation may have a strategic role for enhancing training effectiveness and may give an edge in performance outcomes.