

RECOVER · PILLAR SERIES

SLEEP: THE ULTIMATE PERFORMANCE ENHANCER

Every athlete wants to skate faster, recover quicker, build more muscle, and perform when it matters most. One of the most powerful tools for all of it is completely free.

While you're sleeping, your body is working overtime. Muscles repair, hormones regulate, memories consolidate, and your brain processes everything you trained that day. At Testify Performance, we focus on four pillars that maximize sleep quality and recovery – here they are, in the order to work on them.

01 SLEEP QUANTITY

You can't out-train poor sleep. Youth and adolescent athletes should aim for 8–10 hours per night; adults 7–9. Fall short consistently and reaction time, strength and power output, recovery speed, and focus in school and sport all drop – and injury risk climbs. Fix total sleep before any recovery gadget.

> **Sleep tip** Waking up tired every day? Your first fix is going to bed earlier.

02 SLEEP CONSISTENCY

Your body loves routine. Bed at 10:00 PM one night, midnight the next, 1:00 AM on the weekend – that pattern breaks your sleep rhythm. Keep bedtime and wake-up within about one hour, even on weekends. Consistency improves sleep quality, daytime energy, hormone function, and recovery. Treat the schedule like training: consistent equals results.

03 SLEEP ENVIRONMENT

Your bedroom should be built for recovery: cool, dark, quiet, comfortable. Small changes make a big difference – blackout curtains, less noise, phone away from the bed. Your body associates environments with behaviours. Create a space that tells your brain it's time to recover.

04 PRE-SLEEP HABITS

What you do in the hour before bed matters. Many athletes go from scrolling, gaming, or studying straight into bed – the brain needs time to shift out of go mode. Read, stretch or do light mobility work, journal, or practice deep breathing. Dim the lights 30–60 minutes before bed. These habits signal your nervous system that it's time to recover.

TESTIFY TAKEAWAY

TRAINING MAKES YOU BETTER. SLEEP IS WHERE ADAPTATION HAPPENS.

Sleep is the lowest hanging fruit in recovery. Get enough of it, keep it consistent, build the right room, and wind down properly – you'll recover faster, perform better, and hold a real advantage over athletes who neglect it.