



Gym Blue Sleep & Performance Guide

Recover stronger. Perform better. Become the best version of you.

Why Sleep Matters

Sleep isn't just rest... it's where your body repairs, your mind resets, and your results happen. Getting consistent, quality sleep fuels recovery, supports muscle growth, balances hormones, and keeps your energy high.

The sweet spot:

👉 7–9 hours of quality sleep per night

When you sleep well, you'll notice:

- 🦵 Faster muscle recovery and less soreness
- ⚡ More energy for workouts and daily life
- 🧠 Sharper focus and discipline
- 😊 Better mood and stress management

The Science of Sleep & Gains

- During deep sleep, your body releases growth hormone, which is critical for muscle repair and fat loss.
- Poor sleep increases cortisol (the stress hormone), which slows recovery and makes it harder to stay lean.
- Consistent rest improves reaction time, coordination, and motivation helping you perform better at Gym Blue and beyond.

The Gym Blue Nighttime Routine

Here's how our top members optimize recovery through smarter sleep habits:

1. **Set a Consistent Bedtime:** Go to bed and wake up at the same time every day — even on weekends.
2. **Unplug 30–60 Minutes Before Bed:** Avoid screens (TV, phone, laptop). The blue light signals your brain to stay awake.
3. **Create a Cool, Dark Environment:** Keep your room around 65–68°F and use blackout curtains if needed.
4. **Avoid Late Caffeine & Heavy Meals:** Stop caffeine by mid-afternoon and keep dinner light.
5. Evening Recovery Ritual:
 - Gentle stretching or foam rolling
 - 5–10 minutes of gratitude journaling
 - Deep breathing or meditation to calm your mind

6. Optional Recovery Boost: Combine sleep with active recovery: use Gym Blue's infrared sauna in the evening to relax muscles and promote deeper sleep.

Quick Tips for Better Sleep

- ✓ Keep your phone out of arm's reach.
- ✓ Read or listen to something uplifting before bed.
- ✓ Get sunlight early in the day to regulate your sleep rhythm.
- ✓ Avoid alcohol or high-sugar snacks before bedtime.

Challenge: Sleep Like an Athlete

For the next 7 days, commit to:

- 7–9 hours of sleep each night
- A consistent bedtime
- No screens 30 minutes before bed

Track how you feel in the gym you'll see the difference in your focus, strength, and energy within a week.

Remember:
Training builds you.
Nutrition fuels you.
Sleep transforms you.

Gym Blue
Become the Best Version of You.