

W.O.W. FACTOR

W_{ords} O_f W_{isdom} for FPS Coaches & Students

Practicing the Process With Sleep Patterns

Doing Research

Try watching these youtube videos!

- Benefits of sleep: <https://www.youtube.com/watch?v=gedoSfZvBgE>
- Microclimate bed: <https://www.youtube.com/watch?v=Huv5dQgsxgE>
- What happens without sleep:
<https://www.youtube.com/watch?v=dqONk48l5vY>
- Strange animal sleep habits:
<https://www.youtube.com/watch?v=muKuRQ8YnvE>



Showing Evidence of Research

Try to use terms from your research when you write your challenges and/or solutions.

Here's an **example of a challenge** with the terms "sleep deficit" and "depression":

- Those who experience *sleep deficit* on a regular basis may be more likely to suffer from chronic diseases such as cancer, *depression*, diabetes, hypertension and obesity.

Try writing a challenge that uses each of these terms: chronic stress, delayed sleep phase disorder (DPSD), fatigue, insomnia, blue light, social jet lag



Here's an **example of a solution** with the term "lymphatic system":

- Physicians will recommend that patients sleep on their sides. Doing so will maximize the effectiveness of their *lymphatic system* which will promote better overall health.

Try writing a solution that uses each of these terms: polysomnogram, overstimulation, sleep hygiene, sleep scientist

What's That Problem?

When you read about a solution related to sleep, ask yourself: **What's the problem this solution solves? Then try expanding that problem into a complete Underlying Problem.**

For example, the *2019-20 Readings, Research, and Resources* publication (page 27 in the Sleep Patterns section) discusses the beverage Som Sleep, a drug-free, non-habit-forming sleep aid, that has vitamin B6, melatonin and other ingredients.

- **What's that problem?** Not being able to sleep.
- **A possible UP:** Because many people suffer from insomnia, how might we promote healthy sleep patterns in 2029 and beyond, so that a healthier lifestyle can be achieved?



Try one after you watch the youtube video above on the microclimate bed (solution).