

Fit4Ever: Sleep Debt

If you want to perform better on the field—and in life—sleep might just be your secret weapon. I recently came across a study conducted by sleep expert Dr. Bill Dement from Stanford University in which he evaluated 11 players from the university's men's basketball team. For the study, the athletes were asked to sleep normally according to their habits for two to four weeks and then spend the next five to seven weeks sleeping 10 hours per night. While most of the athletes still slept fewer than nine hours per night, the results were eye-opening.

Bible Reference:

Mark 6



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