



Tips to keep you airborne!



Count your way to peak performance September 2019

MP's in the West Australian parliament have recently been slated by the AMA (Australian Medical Association) for pulling an all-nighter, in which they sat for 20 hours (finishing at 5am) in order to nut out important assisted dying laws.

The session started at 9am. Truth be known, a high percentage of them probably woke to the tune of their alarms at 5.00am. That being the case, they would have been awake for 24 hours on the trot by the close of business.

Did you know that your performance after 24 hours awake is the equivalent of having a BAC (blood alcohol concentration) of 0.10?

Put simply, you're drunk.

I sincerely hope that none of those battle-weary politicians drove home, because at 20, let alone 24 hours awake, you are 5 times more likely to have a crash.



So, what of their performance over that 20-hour period of debating such sensitive laws. Was it compromised? Most probably.

Higher order cognitive processes, associated with the pre-frontal cortex of the brain, such as problem solving, reasoning, organizing, planning, inhibition and executing plans *are particularly sensitive to sleep deprivation.*

Now picture this...a sleep deprived driver crashes her car and is rushed to hospital, requiring life-saving surgery. She is attended to by a senior medical professor and physicians who are in the same boat, as in...dead tired.



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What are the chances of medical misadventure? Extremely high.

If the esteemed professor and her attending crew haven't had at least 6 hours sleep the night previously, there's a 170% increased risk of their inflicting some serious surgical error on the unfortunate sleep-deprived crash victim.

Scary? I reckon.

So, what can we take from this?

Apart from taking comfort in the fact that advanced technology systems, tracking sleepiness in drivers are about to become mandatory for all cars in Europe within 5 years (which in time will no doubt ripple to the rest of the world), TAKE CONTROL OF YOUR SLEEP.

Just know that for roughly every 2 hours you've been awake, you'll more or less need 1 hour of sleep to bring your body back into balance so that you can perform at your best.

Also, in addition to counting your drinks on a day or night out, count the number of hours you've been awake. Having one beer when you are sleepy will affect your performance as much as having 2 or 3 beers than when you are well rested.

Lastly, don't do what yours truly recently did...as in attend an important medical consultation with an esteemed professor at 3 o'clock in the afternoon, when the post lunch circadian dip casts a veil over cognitive functioning. Be more on the ball than I was. Wake up to prioritizing and scheduling work etc. that aligns with your body's internal rhythms.

And if you're scheduled to have elective surgery, ask your surgeon et al. what kind of sleep debt they are carrying before opting to go under the knife. Your life is in their hands!

To be at your best, think rest.

Till next month, think 2 to 1 as a rule of thumb,

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can improve your sleep.

Just send me an email with "yes, more information please".

Spread the word...



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