



# Tips to keep you airborne!



Surfing the deep  
March 2023

There's been an important sports event happening at my local beach this weekend and also this coming week, the largest event of its kind, comparing only to the likes of the Commonwealth Games; namely the Australian Surf Life Saving Championships.

This highly competitive event featuring 314 Surf Clubs and more than 480 beach and ocean events will most likely have teams riding big, rolling waves, given the time and tide of year and given how they've been spitting me out of late!

Doubtless, the various teams will have been training hard under the tutelage of quality coaches, gunning for success on the day, hammering home the principles of peak performance.



This got me thinking of times when I have important events, where I want to be top of my competitive game and the type of behaviours I want to engage in or avoid, as the case may be, to max out results and point me in the direction of success.



**Caroline Crosbie**  
**CONSULTING**  
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting  
[www.carolinecrosbie.com.au](http://www.carolinecrosbie.com.au)  
[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
0416 154 259

My goal beforehand is usually to spend some time surfing big, slow rolling waves, in addition to surfing frenzied, fizzing breakers as they crash to the shore.

Of course, I'm speaking metaphorically...not literally.

I'm speaking of generating electrical brainwave signatures that signal a half-decent night of sleep.

I'm speaking of accessing all phases of light, deep and REM sleep to boost mental, physical and psychological performance.

And...I'm speaking of alcohol and how it can quickly throw you off your board and balance.

Alcohol before sleep does 3 things: it sedates, it fragments and it suppresses.

Put simply...

- It knocks you out, like an anaesthetic and may trick you into thinking that you're accessing the bowels of deep, slow wave sleep. But you're not.

- It produces multiple minor awakenings of which you won't be aware, thus shredding your sleep.
- It seriously suppresses REM sleep, a.k.a. dream sleep, leaving you feeling as though you've been mentally and emotionally dragged through a bush backwards.

Obviously, timing and dose is the poison.

Obviously, the bigger the event and the higher the stakes, the more you'll want to ride those waves with poise and precision.

Whether speaking metaphorically or for real, alcohol ain't best for the deal.

Till next month...happy surfing and bottom's up (of the Surf Life Saving kind that is!)

*Caroline*



**Caroline Crosbie**  
**CONSULTING**  
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting  
[www.carolinecrosbie.com.au](http://www.carolinecrosbie.com.au)  
[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
0416 154 259

*PS – If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe.*

*PPS – If you're ready, work with me directly to see how you can benefit from some sleep coaching. Hit the reply button to this email with "yes, more information please".*



**Caroline Crosbie**  
**CONSULTING**  
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting  
[www.carolinecrosbie.com.au](http://www.carolinecrosbie.com.au)  
[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
0416 154 259