

Sleep and sports performance

Physical effects of poor sleep

- ▶ Reduced endurance.
- ▶ Reduced cardiovascular performance.
- ▶ Impaired motor function.
- ▶ Increased appetite and weight gain.
- ▶ Delayed visual reaction times.
- ▶ Delayed auditory reaction times.
- ▶ Hormonal disturbances including stress
- ▶ Serious health problems including insulin resistance and type 2 diabetes.

Psychological and mental effects of poor sleep

- ▶ Diminished mental functioning.
- ▶ Reduced short term memory.
- ▶ Impaired mood.
- ▶ Increased perceived exertion – a specific training intensity will feel harder.
- ▶ Lowered serotonin levels – a brain transmitter that helps regulate sleep, appetite and mood.

Our website www.sleepstrong.com has more information on sleep

Nocté

The night time drink for athletes and active people



Contact us

If you would like to know more about Nocté or any other SiS sports nutrition products, why not contact us at:

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We are able to provide very detailed scientific data for all our products and are more than happy to answer any enquiries you may have.

The Preparation of Nocté

Preparing Nocté.

Nocté is formulated so you can take it hot or cold, just add water. Many people find a warm drink at night comforting, but research suggests a cold drink will help the body prepare for sleep more effectively.

Nocté and milk

For the best results, Nocté should not be made up with milk. The calcium in milk will compromise magnesium absorption. Similarly, the other amino acids found in milk will reduce the amount of Tryptophan available to make the sleep hormone, melatonin. Nocté is suitable for vegetarians but not vegans.

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Rest, repair and recover with Nocté

Improve your physical performance with high quality sleep and optimal nutrition for overnight recovery

Nocté optimises sleep. It contains all the essential ingredients needed by the body for **rest, repair and recovery**, whilst maintaining a healthy immune system and promoting health and well being.

Insufficient or poor quality sleep leads to a decline in physical and mental performance, an impaired immune system and weight gain. SiS has created Nocté to optimise sleep duration and quality. Nocté contains specific ingredients, which all have a vital role to play in sleep rest, repair and recovery.

To find out more about how sleep affects your athletic performance visit our site:

www.sleepstrong.com

Nocté



Rest, repair and recover with *Nocté*

The night time drink for athletes and active people



In simple terms our Nocté formula looks like this:

Functional Proteins + magnesium + zinc + vitamin B6 =

What does it all do?

Functional Proteins

High Tryptophan Proteins.

- ▶ Tryptophan is the amino acid used by the body to make the sleep hormone melatonin.

Slow Release Proteins

- ▶ Repairs muscle tissue throughout the night.
- ▶ Key in the production of haemoglobin (carries oxygen in the blood).
- ▶ Aids the absorption of vitamins and minerals.

Magnesium

- ▶ Reduces night time muscle twitching.
- ▶ Helps restless leg syndrome.

Zinc

- ▶ Helps promote a healthy immune system.
- ▶ Helps maintain the correct hormone environment.
- ▶ Optimises protein and carbohydrate metabolism.

Vitamin B6

- ▶ Essential for the efficient metabolism of protein.

Pre biotics (for healthy stomach bacteria)

- ▶ Helps the body absorb the above nutrients effectively.

Nocté

SiS Protein Kinetics

This is like the Glycaemic Index (GI) but for protein not carbohydrate. It is a measure of how quickly a protein is absorbed into the body. SiS is unique in using the Protein Kinetics System to ensure all its products work in the body in the best possible way.

In the case of Nocté, the protein absorption rate has been slowed to guarantee a protein source throughout the night.



Nocté and Weight Management

Nocté is a low fat product containing 27g of protein but with a mere 139 kcal per vanilla sachet and 149 kcal per chocolate sachet. The nutrients in Nocté have a direct effect on the hormones that promote sensible eating patterns and reducing snacking behaviour.

Nocté sachets are available in chocolate and vanilla flavour either individually or in boxes of 15



Nocté is a highly technical product. Each ingredient has a special role to play in overnight recovery. SiS has put together the most effective nutrients to aid sleep in the scientifically correct proportions and optimal environment so that the body absorbs them correctly.

Nocté helps address disturbed and restless sleep, improving sleep quality. However, the duration of sleep requires individuals to reassess their own time management.

The combination of Nocté and better sleep time management will have a significant impact on the quality of rest, repair and recovery you achieve.

For more information on *Nocté* visit: www.sleepstrong.com