

JUNE
02
2014

FITTER RADIO EPISODE 009:

THE SLEEP EPISODE:

Bevan and Mikki talk about the importance of sleep to our athletic performance and our general health. The behaviours, food and supplements that may help and the best apps to monitor our sleep patterns and identify any issues.

HOT PROPERTY INTERVIEW:

Our interview this week is with Nicholas Gill, Head Strength and Conditioning Coach for the NZ All Blacks! As well as working with one of the world's greatest sporting teams Nic is also a keen Ironman and LCHF advocate!



LINKS:

Joe Friel on the aging athlete at <http://www.joefrielsblog.com/>

Nic Gill can be contacted at nicholas.gill@nzzrugby.co.nz

The Lark Pro sleep coach at <http://lark.com/about-us/our-company>

f.lux software can be downloaded from <https://justgetflux.com/>

Read more about amber lenses for sleep at <http://chriskresser.com/how-artificial-light-is-wrecking-your-sleep-and-what-to-do-about-it>

Sleeptracker at <http://www.fitbit.com/nz/one>

Sleep as Android at <https://sites.google.com/site/sleepasandroid/>

Jawbone Up at <https://jawbone.com/>

Sleep Cycle at <http://www.sleepcycle.com/>

Sleepbot at <http://mysleepbot.com/>

Goodnight Kiwi at <http://www.youtube.com/watch?v=7jCuSt9MjSY>

6. CONTACT US:

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

LISTEN HERE