

# The Secret Weapon of Champions

Contributed by Joe Slowinski  
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AVAILABLE NOW! August's Slowinski at-large article in BTM. This month I want to discuss a secret weapon. This secret weapon is critical to performing at your optimal best, yet few people take it seriously. Rather, this area is neglected, ignored or unrecognized as important. This secret weapon is how long you sleep. Research has revealed that extra prolonged sleep can improve athletic performance in a significant manner, while sleep deprivation is detrimental to performance. [Click here to download the article.](#) (779 KB)