



## Article

THE OFFLOAD ROOM

# Sleep, the forgotten strategy

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We charge our phones every night. We know that if we don't, the battery will run out of power. Yet many of us treat our own bodies differently — running on 5%, telling ourselves we will catch up later. The result is predictable: performance drops, emotions spike, clarity blurs. The system collapses, not from weakness, but from neglect.

I used to wear late nights like a badge of honour. Burning the midnight oil was proof of commitment. What I did not realise was that exhaustion was sabotaging the very performance I thought I was protecting. Sleep was not a weakness. It was a strategy.

## The science of restoration

Neuroscience proves it. Research shows that seven to nine hours of sleep each night helps regulate emotions, sharpens memory, and strengthens decision-making. Even short naps make a measurable difference. NASA found that a 26-minute nap increased performance by **34%** and alertness by **54%**.

The brain is wired to reset through rest. Without it, every other resilience practice collapses.

## Rest is not indulgence

We often think resilience means doing more — staying later, pushing harder. But the opposite is true. Resilience depends on knowing when to step back and allow the body and mind to recharge.

Just as sleep resets the nervous system overnight, deliberate moments of release during the day reset the mental load we carry. Whether that is writing something down, speaking it aloud, or symbolically letting it go, the principle is the same: the system cannot sustain output without intentional recovery.

If your phone deserved a full charge last night, so did you. You cannot carry tomorrow's weight with yesterday's exhaustion.