

**SPORTS HYGIENE, MODE AND IMPORTANCE OF SLEEP**

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**Annotation**

1. Hygiene of physical education and sports
2. Modern scientific understanding of health
3. Hygienic basics of physical culture. Personal hygiene
4. Day regime for those engaged in physical culture and sports

The hygiene of physical education and sports is the science of the impact of various factors related to physical culture and sports on the health of the athletes: environmental conditions where physical exercises are performed; the content and organization of physical exercises; the volume and intensity of physical exertion during physical training; the nature of food; Sportsman's technical equipment and outfit. Based on the study of the influence of these factors, I am developing hygienic recommendations, norms and rules. They ensure the creation of favorable conditions for physical and sports activities, their effective recovery, general and special (varietal) work capacity, and raising the level of sports results without harming health.

The main task of physical education and sports hygiene is to develop measures to eliminate the possible negative effects of various factors of physical culture, physical culture and sports, to improve the health condition, physical development, general and sports performance of those people who follow physical culture and sports.

The main hygienic means used for this include: optimization of conditions, mode and means used in the process of physical exercises;

Rational nutrition

Optimization of load during physical training

get stronger

The history of the origin of physical culture and sports hygiene dates back hundreds of years: even in ancient times, there was an attempt to develop physical education as a means of getting healthy. For this purpose, in addition to exercises, other health-enhancing hygiene products were used (bath, massage, exfoliation, etc.).

In the 17th century, in the works of K. Slavinetsky and I. Komensky, the issue of the relationship between physical education and hygiene was raised. Physical education was considered as a system of education, where special purposeful tasks were formed to strengthen

health and perfect physical development. In the 18th and 19th centuries in Russia, the founder of the theory of physical education and upbringing was Petre Frantz dze Lesgaft.

PF Lesgaft laid the foundation for the medical-biological foundations of teaching physical education, which later became a prerequisite not only for the development of the theory and methodology of physical education, but also for physical exercises, sports physiology and hygiene.

In 1919-1920, the development of physical education and sports takes place in Georgia. Voluntary associations "Spartak" and others are formed, which played a big role in the unification of the sports movement in Georgia. The Falavndishvili, Egnatishvili, and Japaridze families were well-known, who greatly promoted the hygiene of physical education.

In recent years, scientific data has appeared, which allows us to implement the hygienic provision of physical culture and sports activities, taking into account the age, sex and professional, functional abilities and individual characteristics of the athletes, as well as taking into account climatic and other external factors.

It is possible to obtain the desired results from physical exercises only by knowing about the possible adverse effects of reduced or excessive movement activity, insufficient or excessive physical load, irrational nutrition and training regime, unsatisfactory conditions for conducting exercises. Without it, it is impossible to provide optimal conditions for normal physical development, protection and maintenance of the health of athletes and raising sports achievements. The goal of hygiene is human health. Although the exact definition of health does not yet exist, the majority of specialists agree with the formulation of health formulated by experts of world organizations: "Health is a state of complete physical, mental and social well-being, and not only the presence of diseases and physical defects."

Undesirable factors of the environment can negatively affect the health of both an individual person and large groups of the population. Thanks to constant morphological and functional adaptive changes, which are related to socio-biological conditions, the need to adapt to changes in the functional state of the leading adaptive systems of the organism, the resilience of the human body to the adverse effects of environmental factors is formed. One of the most important tasks of physical culture is to help a specific person to develop resistance to the action of a complex of unfavorable environmental factors.

The rules and norms of human behavior in daily life and work, which are aimed at maintaining and strengthening health, represent the main part of human personal hygiene. Personal hygiene leads to the introduction of a hygienic way of life, the main of which is a daily regime with a reasonable ratio of work and rest.

Changes in the environment cause biological regularities. It is of great importance to the process of adaptation of the human body to different lifestyles and activities. Therefore, it is understandable why all physiological processes in human and animal bodies are rhythmic.

A simple example of physiological rhythms is: sleep, breathing rhythm, heart contraction and others.

As a result of the research, it was established that the temperature of the human body increases in the evening, but it is lower in the morning, the composition of chemical substances in the blood changes according to the order obtained. As for the daily regime for those engaged in sports, it is impossible to define a single regime for those engaged in physical culture and sports, but there is a common physiological and hygienic condition, on the basis of which an athlete can create a personal regime taking into account his qualities and abilities and strictly follow it. If he follows a rational regime, he will develop and useful oral reflexes will be strengthened. For example: if an athlete eats at the same time every day, he will develop a solid conditional reflex corresponding to the time of food intake. The action of the food digestion system will be normalized. To recklessness. As a result, to the reduction of sports results. The athlete is obliged to define a strict regime, which mainly includes: waking up at the same time, hourly regime of food intake, training schedule, etc. The regime increases organization, purposefulness of action, willpower, teaches discipline and vice versa, in the absence of a system in educational work or in professional activities of the day. Violation of the schedule has a negative effect on mental and physical work capacity and can have a negative effect on health. Still, sleep plays a crucial role and we should spread the water a little.

According to the modern view, sleep is considered as an important active activity of the body. During sleep, two different states occur cyclically: slow (orthodox) sleep, without dreams, with slow waves on the electroencephalogram, and fast (paradoxical) sleep - with dreams and its feelings. With rapid movement of the eyeball and muscle tone. with a sharp decline. Both phases of sleep are necessary for life. The cortex of the large hemisphere of the brain controls the operation of the underlying apparatuses for sleep-wake stabilization. It also regulates the vegetative processes aimed at the restoration of various systems and organs during sleep.

Systematic lack of sleep and insomnia are dangerous, because they lead to exhaustion of the nervous system, decrease in work capacity and weakening of the body's defense forces, although excessive sleep is also not desirable. The duration of sleep depends on a person's age, health and head count. The duration of sleep of an adult is 8-9 hours. Each athlete should determine the duration of his sleep. Before sleep, you should avoid everything that will cause excessive excitation of the central nervous system. It is not recommended to do strenuous mental work until late at night, training, drinking stimulating drinks (cold tea, coffee, etc.) at night. Dinner should include easy-to-process dishes.

At the end, it should be noted that there are some deviations from the diurnal dynamics of labor duration and work capacity in individual people. The first type is those people who get up early and have high work capacity in the morning and in the first half of the day. The second one is those who get up relatively late and have a higher capacity for work in the

afternoon. It is necessary to take into account the mentioned and other intellectual peculiarities during the preparation of the highest rational daily schedule of athletes.

References: Physical Education and Sports 2022 (Ketevan Khazaradze).

