

## 04. Washing, dressing...

Raphaëla Le Gouvello Education packet - Windsurfing solo across the Indian Ocean

<http://www.respectocean.com>



### Life on board



## Washing, dressing...

Raphaëla is organized to sleep and dress onboard, but also to perform other routine tasks essential to good hygiene, an aspect that can't be overlooked!

## How to get some sleep?

«"[...] I usually sleep six or seven hours a night, awaking on my own from time to time to check the horizon.»

Raphaëla

Sleeping on a sailboard is not easy, even at the end of an exhausting day. But sleep is very important; Raphaëla won't have the necessary alertness during the day without it. In order to fall quickly into a deep sleep – the most restorative kind – sailors train themselves to fall asleep as quickly as possible in order to recuperate as much as they can.



### Did you know?

During sleep your brain produces a substance, the growth hormone, which helps you grow!

## Activities

To see if you are getting enough sleep, perform the following calculation:

- ▶ A = the number of hours of sleep you get during a normal school week. Subtract the time you normally wake up from the time you go to sleep.
- ▶ B = the number of hours of sleep you get during a week of vacation or weekends at home, in the absence of any special activity (tourist resort, summer camp...). Subtract the time you normally wake up from the time you go to sleep.
- ▶ The difference between B and A corresponds to the number of hours of sleep you lack per day. If the result is equal to 0, you are getting enough sleep. If not, you need more...

## Sleep phases

Although you don't notice it while you are asleep, sleep is divided into phases (periods): Non-Rapid Eye Movement sleep (NREM, the **deep or restful phase**), which accounts for 75% of sleep time, and Rapid Eye Movement sleep (REM, or **dream phase**), which covers the remaining 25%.

In general, people intersperse 90-minute cycles of deep sleep with shorter periods of REM (dream phase) sleep, going through four or five cycles – complete or incomplete – each night.

The most comfortable phase to wake up in is the REM phase, during which brain activity somewhat resembles being awake.

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### When nature calls

There are no toilets on the sailboard! When nature calls, Raphaëla must take a leap backward in time, using a bucket with a lid, much like our ancestors did!

### A precarious shower

A small shower has been installed at the front of the sailboard, but it's somewhat precarious to use!

The board is slippery, and Raphaëla must shower sitting down, keeping a grip to keep from falling overboard.

In addition, she must conserve water: no more than two liters (0.5 gallon) per shower! That can't be easy: most people use an average of 60 to 80 liters (approximately 16 - 21 gallons) of water per shower.



### The right clothes: a necessity

During the day, sun protection is paramount for Raphaëla. She must guard against becoming too hot, and from chills when she gets too wet. Inside the craft, it is hot and humid.

It is essential that she wear clothes made of materials designed for marine environments and the conditions she will be facing on the Indian Ocean.

The best fabrics for her are synthetics, with light fibers that breathe and dry fast even after being drenched with seawater.

To dress appropriately for these demanding conditions, Raphaëla wears layers of Neoprene (synthetic rubber) or Lycra (very elastic) garments of varying thickness.

Cotton is out of the question!

### Activity

Look up the average daily water consumption of one person in France and one person in an African nation of your choice.

What do you make of the resulting difference?