it is however widely used by endurance athletes, particularly cyclists because the increase in red blood cells increases the amount of oxygen that can be delivered to the muscles. I caution again about the risk of duplication. If these simple things do not help in alleviating your insomnia, then you should visit your primary health provider for further consultation and advice. It’s one of only three in the world. The difference in average strength gains between the 8-set and 4-set group was actually