

Sleep Guidelines For Peak Athletic Performance

FOLLOW A REGULAR SLEEP SCHEDULE



- ✓ Go to bed at the same time every day, including weekends, even if you did not get enough sleep. This will help train your body to stay regulated with your sleep patterns. We recommend obtaining 7 to 9 hours per night, with limited naps of no longer than 30 minutes.
- ✓ Establish a bedtime routine. Do the same thing every night before going to sleep. Soon, these things will help make you sleepy.

CREATE A SLEEP-FRIENDLY ENVIRONMENT

- ✓ Keep your bedroom dark, quiet and at a comfortable temperature. If noise is a problem, use a fan (or other “white noise” generator) to cover the noise or use earplugs. If you must sleep during the day, hang dark blinds over the windows or use an eye mask. Lowering the room temperature can be more sleep-inducing.
- ✓ Use the bedroom for sleep only. Don’t eat, talk on the telephone, or watch television while you are in bed. Avoid doing school work or studying in your room.
- ✓ Do not charge your cell phone, computer or tablet in your bedroom. This will help reduce unwanted disturbances.

SLEEP NUTRITION

- ✓ Drink less caffeine (found in many coffee, tea, and cola drinks). Caffeine can make it hard to fall asleep and can wake you up in the night. Even having caffeine early in the day can affect your sleep.
- ✓ Eat regular meals and do not go to bed hungry. A light snack at bedtime may help you sleep, but avoid heavy meals before bedtime.

DON'T LIE IN BED WORRYING!

- ✓ Set aside another time just for worrying. For example, spend 30 minutes after dinner writing down what’s worrying you and what you can do about it.
- ✓ Do not try to fall asleep. This only makes the problem worse. If you can’t fall asleep after 30 minutes, leave the bedroom, go to another room, and either sit quietly for 20 minutes or do something relaxing. Don’t do things that could keep you awake, such as watching TV, drinking coffee, eating, or worrying. Go back to bed when you are sleepy.
- ✓ Learn to reduce or manage stress in your life.

