

sleep like a pro

how to use this plan

follow the nightly focus

Aim to complete the sleep challenge each day.

track progress

Journal how you feel & tweak based on what works best. Sleep is personal so what works for you may not work for others.

build your routine

By the end of 4 weeks, you'll have a personalised, optimised sleep plan.



OFFICIAL SLEEP PARTNER OF MANCHESTER CITY FOOTBALL CLUB

monday

tuesday

wednesday

thursday

friday

saturday

sunday



week one: set your body clock
Build a consistent sleep rhythm

Sleep loves routine. Just like match preparation, consistency matters. Set a fixed wake-up time that works for your weekly schedule.

Regulate your body clock with 10+ minutes of morning sunlight. Think of it as your daily warm-up: light exposure helps signal to your body that the day has started.

Stop caffeine after 2pm. That afternoon coffee before a midweek match might feel essential, but caffeine can stay in your system for up to 10 hours, delaying sleep.

Better sleep isn't always about going to bed earlier. Your appetite for sleep builds across the day, so a slightly later bedtime allows sleep pressure to build, helping sleep become more restorative.

Eat well, sleep well. A balanced, regular diet is usually sufficient to support good sleep, but going to bed either overly full or too hungry can disrupt sleep quality, as digestion and blood sugar fluctuations can increase night-time awakenings. Avoid late-night match snacking where you can.

Maintain your sleep schedule, even on weekends! Setting a regular wake-up time helps build your natural sleep drive and keeps your body clock in sync, making it easier to fall asleep and wake feeling refreshed. Even after a late match or weekend lie-in, try to wake up within an hour of your usual time.

Reset your routine. Had late night or early mornings? Returning to your usual routine as soon as you can helps keep your sleep on track.



week two: switch your body into recovery mode
Improve relaxation and sleep depth.

Check your sleeping position. Your sleep position affects spinal alignment, breathing and muscle recovery. Consider how you're falling asleep and try something new.

Training late? Try taking a warm bath or shower 60-90 minutes before bed. Cooling down after a warm bath naturally triggers the sleep hormone, melatonin.

Quiet your mind after a match. Take 10 minutes to unwind with breath work or guided relaxation, ideal after a busy day of football or travelling to a match. This helps move your body from alert and elevated to calm and ready for sleep.

Do a short cool-down before bed after evening football. If you've played late, take some time to stretch, hydrate and let your body temperature drop before trying to sleep. This helps your body shift from "game mode" into recovery.

Give progressive muscle relaxation a go - it's a science based technique to help relax your body after a busy, stressful or exciting day and signals to the body that its time to wind down.

Match day energy is great, but celebrating a game that finishes late can impact sleep. If you're celebrating a win, help yourself get ready for sleep with a short wind down window before bed.

Maintain your sleep drive, even at weekends. Weekends can offer opportunity for a day time snooze. If you do nod off, set an alarm for no longer than 20 mins. This keeps you in the lighter stages of sleep so you can wake without grogginess.



week three: reduce sleep disruptions
Protect your sleep quality.

Protect your sleep space. Mask out background noises by playing white noise or nature sounds. This is also great for quietening overactive thoughts.

Alcohol can lead to non-restorative sleep. Even if you sleep for the same number of hours, the quality of that sleep is reduced, meaning you don't get the same physical and mental recovery. Try to avoid drinking close to bedtime and reduce overall intake in the evening to support more restorative sleep.

Late-night scrolling after a match can delay sleep. Try a digital-free wind-down with books, music or light stretching instead.

Your mattress matters. Evaluate your sleep set up and optimise for your preference. An old mattress can lack support, leading to discomfort and night-time disturbance.

Nervous before a match? If late night excitement or anxiety is affecting your sleep, don't ignore your brain, instead write down what is on your mind. This can help quieten a racing mind.

Keep your bedroom for sleep. Avoid spending long periods in bed watching TV, scrolling, or working. Instead, stay out of the bedroom until you feel ready to sleep, so your brain associates that space with rest.

Sunday reset. Keep your bedroom tidy, dark & clutter free to help the brain associate your sleep space with rest and relaxation.



week four: lock in winning habits

Building long term sleep habits is achieved by making sustainable changes. Assess what you've found effective and simple over the last 3 weeks, focussing on progress not perfection.

You can't out-sleep stress. If your body is in a heightened, alert state during the day, it will often carry into the night. Focus on creating a lifestyle that supports sleep by managing your stress levels.

Exercise supports sleep both physically and mentally. It helps build sleep drive and reduces stress, making it easier to switch off at night. Even if you're not a pro, getting out on the pitch or moving your body regularly can make a real difference.

When you wake in the night, avoid checking the time. Seeing the clock can trigger worry and mental calculations about how much sleep you're losing, which makes the brain more alert.

Does your sleep still feel disrupted or are you snoring at night? This can be a sign of sleep apnea. Natural treatment includes losing weight, reducing alcohol and smoking, but if you feel it is disrupting your sleep quality, then speak to your GP about a test.

Stay hydrated after football or evening activity. Dehydration can make it harder for your body to relax and recover overnight. If you've played or trained late, drink water in the evening but avoid large amounts right before bed.

Congratulations! You've completed the Sleep like a pro plan.

Reflect on your journey - what have you noticed? What will you continue?