

YOUR QUALITY SLEEP TOOLKIT

Maximize your potential with easy sleep strategies.



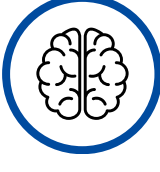
Sleep isn't just rest. It's recovery. Getting quality sleep is one of the most important things an athlete can do for growth and performance.



Physical recovery:
Muscles repair and grow during deep sleep.



Mood regulation:
Less sleep = more stress, irritability, and burnout.



Cognitive function:
Focus, decision-making, and memory improve with good rest.



Injury prevention:
Poor sleep is linked to a higher risk of injury in sports.

How much sleep do you need?

Age		Recommended Sleep
10–12 years	→	9–12 hours per night
13–19 years	→	8–10 hours per night

Signs of Quality Sleep

- You fall asleep quickly
- One or fewer wake-ups
- You don't wake up too early
- You wake up feeling rested

Sleep Strategies

1

Prioritize sleep as part of your training routine.

Sleep is essential to an athlete's routine. A consistent sleep schedule supports recovery, sharpens focus, and builds habits for success at the next level.

Go to bed at the same time every night.

A regular bedtime strengthens your body's internal clock, so you fall asleep faster and wake up feeling more refreshed.

2

3

Wind down with relaxation techniques.

Winding down helps lower stress hormones that interfere with sleep. Breathwork, stretching, or quiet reading can help your body transition into rest mode.

Limit screen time one hour before bedtime.

Blue light from phones and tablets blocks melatonin, the hormone that helps you fall asleep. Reducing screen time can help you fall asleep faster and sleep more deeply.

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Avoid caffeine before bedtime.

Caffeine is a stimulant that delays sleep and can linger in the body for up to 8 hours. Avoid it after mid-afternoon to protect recovery and next-day performance.

Avoid big meals too close to bedtime.

Heavy meals take longer to digest, which can reduce the quality of your sleep. Finish big meals 2–3 hours before bed. If needed eat a light snack an hour before bed.

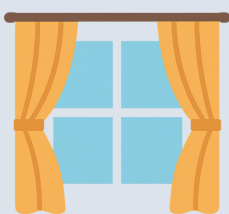
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Create a sleep-friendly environment

A cool, dark, and quiet room helps your body relax and stay asleep longer. Small changes like blackout curtains, white noise, or a fan can make a big difference.

Create a Sleep-Friendly Environment



Darken your room with blackout curtains.

Light signals the brain to stay alert. A dark room boosts melatonin production, helping you fall asleep faster and stay asleep longer.

Remove any sources of light or noise.

Even small lights (like from chargers or hallway bulbs) can affect sleep quality. Quiet, dark environments help the body enter restorative sleep stages more easily.



Keep your room a constant cool temperature.

Cooler temperatures (around 60–67°F / 15–19°C) support deeper sleep. Overheating at night can cause tossing and turning.

Make your room a no-phone zone.

Phone screens emit light that disrupts your sleep cycle, removing them reduces distractions and late-night scrolling, fostering an atmosphere for restorative sleep.



No pets in the bedroom.

Your pets movements throughout the night may lead to disrupted rest. Providing a separate sleeping area for your pets can help ensure a good night's sleep.

It's not just about getting enough hours; it's about getting enough quality sleep.

