

# SLEEP TIPS TO BOOST WORKOUT RECOVERY

## STICK TO A SCHEDULE

Try to wake up and go to bed at the same time every day.



## POWER DOWN THE BLUE LIGHTS

Reduce screen time before bed to help your brain relax.

## EAT THOUGHTFULLY

Avoid being overly full, hungry, or caffeinated too close to bedtime.



## SKIP THE NAPS

Napping mid-day means you're not sleeping enough at night.

## MAKE FRIENDS WITH THE DARK

Light disrupts your sleep, so use shades in windows, close the door, and turn off the lights.



## USE A NOISE MACHINE

Or earplugs. Anything to reduce noises that may disturb your sleep.

## WORKOUT WISELY

Expending energy helps, but do it early enough so that you can calm down by bedtime.



## AVOID STRESS

Meditate, read, or just relax right before bed so your brain can power down with your body.

## INVEST IN YOUR BED

Choose a mattress and pillow that support your body to avoid morning aches.



## TALK TO YOUR DOC

If your sleeplessness continues, consult a professional.