



SLEEP FOR SUCCESS

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Research has shown that inadequate sleep can lead to reduced markers of performance, including: slower sprint time, reduced endurance, increased heart rate as well as reported changes in mood. Irregular sleep patterns have also been shown to diminish performance in school and other aspects of an athlete's life.

- Deep sleep helps enhance the release of growth hormone, leading to enhanced muscle repair and muscle protein synthesis.
- Sleep deprivation decreases growth hormone, increases stress hormones and affects appetite-regulating hormones, causing adverse effects on glucose tolerance, lean mass and dietary intake.

HOW MUCH SLEEP IS ENOUGH?

Studies have shown that teenagers need as much, if not more, sleep than younger children (an average of 9.25 hours per night).

- **(Females 8-15, Males 9-16):** 9.5-10 hours sleep a night, +30 min nap between 2-4pm.
- **(Females 15-21+/-, Males 16-23+/-):** 8-10 hours sleep a night, +30 min nap between 2-4pm.

TIPS FOR A QUALITY NIGHT'S REST



Stick to a sleep schedule, keeping the same bedtime and wake time, including weekends and when traveling.



Practice a relaxing bedtime ritual whether reading, taking a bath or listening to music.



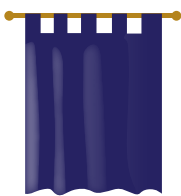
Avoid stimulating activities & electronics that emit blue frequencies—tv, video games, computer, iPhone.

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If you struggle to fall asleep at night, try limiting naps to 30 minutes.



Exercise daily or find another stress relief, such as yoga, hiking or gardening.



Evaluate your room.

- Keep your bedroom cool—between 60 and 67 degrees; try a fan.
- Drown out sudden noises that will startle you awake—fan, white noise machine, earplugs.
- Reduce light—blackout curtains, eye mask, t-shirt over eyes.
- Sleep on a comfortable mattress and pillows.
- Use bright light during the day and in the morning to help manage your circadian rhythms.



Avoid alcohol & cigarettes.



Refrain from heavy meals in the evening, spicy foods, fried foods & acidic foods.

- Timing of meals can affect circadian rhythm.



If you can't sleep, go into another room and do something relaxing until you feel tired.