

Maximising performance

Sleep education for athletes

Physical benefits



Longer career, fewer injuries and less illness



Enhances muscle recovery, glycogen stores, immune defences, bone health and weight control



Improved muscle strength, sprint speed and accuracy



Sleep is a game changer

Mental benefits

Improved mood, motivation and focus



New skills learned faster, improved mental accuracy, concentration, new memory formation



Improved decision making and reaction times



General advice



Have consistent bed and wake times

Tip: Set alarms for both on your phone



Keep your bedroom quiet, cool and comfortable

Tip: Consider ear plugs and eye masks



Practise calming the mind

Tip: Try an App (e.g. Mindfulness, Headspace or Calm)



Take care with caffeine and alcohol

Tip: Limit intake, avoid caffeine late in the day



How to improve sleep

Specific advice

Try sleep extension-VERY effective

Tip: Go to bed ½ hour earlier, lie-in at weekends (+1hr max)



Minimise bright light exposure before bedtime

Tip: Switch off electronic devices 1hr before bed, dim them 2hrs before bed



Top up sleep with naps

Tip: Limit to 20-30mins and not after 4pm



Try PMR

Tip: Google it (Progressive Muscle Relaxation)

