# **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

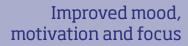


Improved muscle strength, sprint speed and accuracy



Sleep is a game changer

#### **Mental benefits**





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)

