



## Sleep Factsheet

---

*“People need to be as smart about sleep as they are about diet and exercise” Mark Rosekind, former NASA Scientist*

---

Getting the right amount of sleep increases:

- ✓ Focus
- ✓ Stamina
- ✓ Strength
- ✓ Regeneration
- ✓ Muscle growth

**Sleep is a time for our body to repair, regenerate, and re-energize. After a long practice or game, when an athlete has fatigued their body, sleep is crucial!**

### **Importance of Sleep**

- Muscle fatigue and breakdown occurs after strenuous activity, and your body needs adequate time to heal for the muscles to repair and regenerate.
- Lack of sleep increases stress, and an increase in stress has shown to interfere with tissue repair and growth.
- Athletes who are sleep deprived may experience lower energy storage levels, which is needed to perform at peak levels in endurance events including soccer.
- The longer without proper sleep rhythm, the greater likelihood for diminished athletic performance, decreased concentration, focus, and increased likelihood of injury.
- The average amount recommended for adolescents is 9-10 hours per night.
- The body needs AT LEAST 6 hours of uninterrupted REM (deep sleep) to feel completely rested.

**DO:**

- Be consistent with bedtime and wake time.
- Keep the room dark and cool (between 66-72 F/18-22 C)
- Keep room quite or use a light noise fan.
- Develop a before-bedtime routine that is relaxing and familiar.
- Nap no longer than 20 minutes.

**DO NOT:**

- Be around “loud” stimulus such as television, computer, tablet, phone, intense music, movies and deep/stressful discussions.
- Consume stimulants such as caffeine late in the evening.
- Eat large meals late in the evening.
- Lie in bed awake for long periods. Get up and try again once tired.
- Nap late in the day.

