



SLEEP HYGIENE



1964 Winter Olympic Opening Ceremony in Innsbruck

ARE THERE OPTIMAL TIMES FOR SLEEPING?

Some people prefer to wake up early while others are up late. Each person should experiment with a sleep schedule that works best for them, then stick to it and try to be consistent even on the weekends.

Why is Adequate Sleep Important?

Sleep is known to have an impact on your training, conditioning, nutrition and hydration. Quality sleep has been proven to enhance athletic performance and reduce chance of injury.

HOW MUCH SLEEP DO I NEED?

Unfortunately, there is no one size fits all for prescribing proper sleep.

Most adults need seven to nine hours of sleep each night. For athletes, this number can be even higher.

Other factors that may affect sleep can include age, sleep quality, sleep debt and one's innate need for sleep.

Questions you should consider when evaluating how much sleep you need:

1. **How long does it take you to fall asleep?**
2. **Do you need an alarm to wake up?**
3. **How do you feel upon waking?**



1964 AAU Olympic Trials

WHAT CAN SABOTAGE MY SLEEP?

- Stress
- Alcohol
- Caffeine
- Large meals before bed
- Exercise too close to bed
- Electronics.



Carol Heiss,
Olympic Winter Games Squaw Valley 1960

TIPS FOR BETTER SLEEP

1. Use an eye mask or blackout curtains. Artificial light can send wake-up messages to the brain and suppress sleep hormones.
2. Find your perfect temperature. Experts suggest keeping your bedroom around 65 degrees allows for the most optimal sleep environment.
3. Avoid your electronics within an hour of bedtime. Electronics such as phones, video games and computers can emit light that keeps you awake. Try reading before bed or switching your electronics to sleep mode or utilize blue-light blocking settings or glasses.
4. Create an optimal environment for breathing. Address allergies and congestion and consider use of a humidifier in dry environments.
5. Use a white noise machine to reduce peak sounds which may disturb your sleep. A fan or air purifier can create a soothing backdrop.

Naps?

Taking a nap for just 20-30 minutes can improve your mood, alertness and memory.

WHEN DO I NEED TO SEE A PROFESSIONAL?

- If you feel you are getting adequate sleep, but still feeling tired throughout the day.
- If you experience trouble participating in normal activities (spending time with friends, eating a meal) without nodding off.
- Loud and regular snoring reported by your partner.
- You are struggling to recover after training sessions.