

Sleep Checklist for Athletes

Strategy	✓
<p>Regular Bedtime Make sure you have a regular bedtime established as part of the daily routine. Stick to bedtime on school nights with only half an hour of flexibility either way.</p>	
<p>Daily Exercise It is important to engage in physical activity most days. (You probably have this one covered)</p>	
<p>Get Outdoors Spending time outside during daylight hours is important, at least 30 minutes a day can help.</p>	
<p>No Napping After Noon Having a snooze later in the day is likely to make it harder to sleep at night.</p>	
<p>Halt Homework Finish any homework or study tasks early when possible. A good homework or study routine may be needed to help with this.</p>	
<p>It's Good to Talk Worry can keep us awake at night, so talk through any worries or write them down in a journal before bed. (Brain dump)</p>	
<p>Skip Stimulants Coffee, Celsius, Monster all should be avoided. If you need one to get through the day - you probably need more sleep!</p>	
<p>Bedroom Environment Dimmed lighting, black out curtains, a well-ventilated room that isn't too hot and a tidy, well organised space is the ideal sleep environment.</p>	
<p>Scare-No! Limit scary, exciting or worrying tv shows, DVDs, books or online content before bed.</p>	
<p>Switch Off Turn off all phones, tablets, and consoles at least one hour before bedtime. Switch off WiFi in the evening to prevent online access if needed. If you HAVE to be on your device for school, blue light glasses can help.</p>	
<p>And Relax Yoga, meditation, mindfulness and breathing exercises can help you to feel calm before bedtime.</p>	
<p>Soothing Sounds If you need sound to help you sleep, relaxing music is best.</p>	

Good sleep habits = Better Results