

SLEEP AND THE ATHLETE

WHY IS SLEEP IMPORTANT?

Sleep is when the body rests and repairs major systems and organs, such as: your muscle tissues, brain, and your cardiovascular, nervous and immune systems. The National Sleep Foundation recommends that high schoolers get 8 to 10 hours of sleep each night. If you are an athlete, you may need at least 9 hours each night!

GETTING ENOUGH QUALITY SLEEP BENEFITS YOUR HEALTH, PERFORMANCE AND LEARNING



FASTER SPRINT TIMES: You will be quicker during practice and the game!



ENHANCES FINE MOTOR SKILLS REQUIRED FOR SPORTS: You will execute sport techniques better!



IMPROVED MOOD AND SENSE OF WELL-BEING: You will feel happier!



BETTER MEMORY, FOCUS AND ATTENTION: You will retain more of what you learn!



PROLONGED STAMINA: You won't tire as easily during class, practice or games!

THE RISKS OF NOT GETTING ENOUGH SLEEP



DECREASED PHYSICAL PERFORMANCE: You will be slower and have a harder time executing your sports skills.



DECREASED MOOD: You will feel sluggish and less happy



DECREASED MEMORY, FOCUS, AND ATTENTION: You may fall asleep in class, feel hazy, and perform poorly in school.



DECREASED IMMUNE SYSTEM: You will be at higher risk of illness and face longer recovery time.

YOUR SLEEP CHECKLIST

- ❑ **Prepare yourself for sleep!** Schedule your evening to devote enough time for sleep. Finish meals, snacks, and drinking fluids at least 2 hours before sleep. Also, avoid caffeine in the afternoon and evening hours.
- ❑ **Be consistent!** Getting on a good sleep schedule and sticking to it will help your body get used to shutting down for sleep.
- ❑ **Your sleep space matters!** It is best to sleep in a dark, cool and quiet environment. Close the blinds and keep outside noise to a minimum.
- ❑ **Turn off distractions!** Avoid artificial lights before bed, especially electronics as they can trick your brain into thinking it is time to be awake.

HOW PROVIDENCE CAN HELP

Providence Sports Medicine offers 7-day-a-week access to sports medicine experts who can help you.

Schedule an appointment by calling **503-29-SPORT**.

To learn more about Providence Sports Medicine, visit ProvidenceOregon.org/sportsmedicine

