

Tips to educate athletes on the importance of sleep

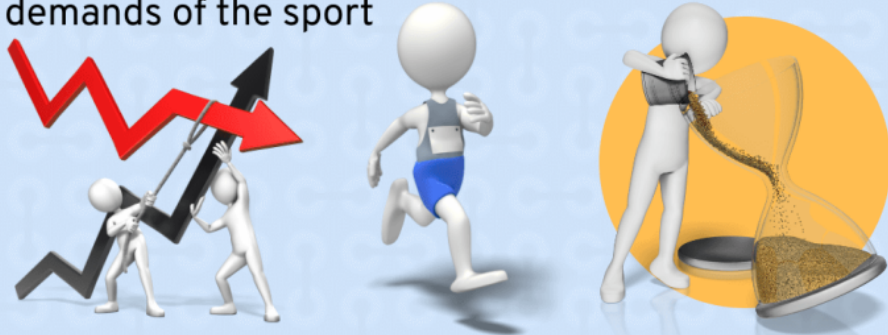
Reference: Walsh et al. BJSM 2020

Designed by @YLMSportScience



Night-time sleep quantity

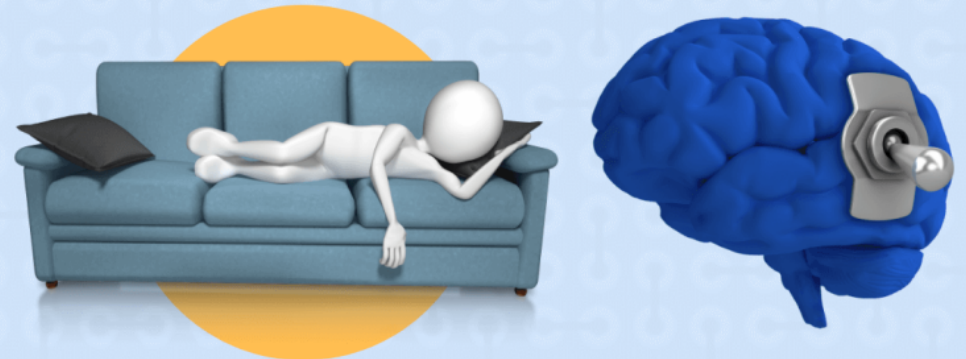
- A range of 7–9 h is appropriate for adults and 8–10 h for teenagers; however, athletes may need more to recover from the physical and psychological demands of the sport



- The amount of sleep athletes get may need to increase depending on the training load of the sport and the age of the athlete

Daytime sleep quantity (naps)

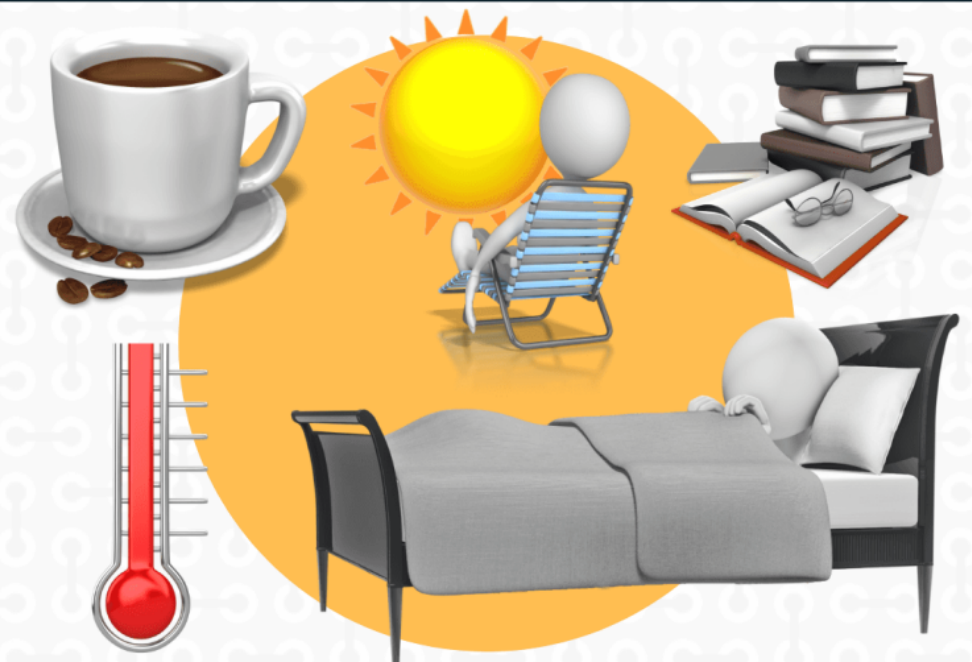
- When schedule changes are not possible, napping can supplement insufficient night-time sleep



- But a nap can also be beneficial for those just wanting a boost in alertness

Good sleep hygiene

- Avoid stimulants (e.g., caffeine), alcohol, and heavy meals too close to bedtime
- Ensure adequate exposure to natural light in the morning
- Do not lie in bed awake for long periods of time
- Have a relaxing bedtime routine
- Have a sleep environment conducive to sleep which is cool, dark and quiet



Training schedule & chronotype

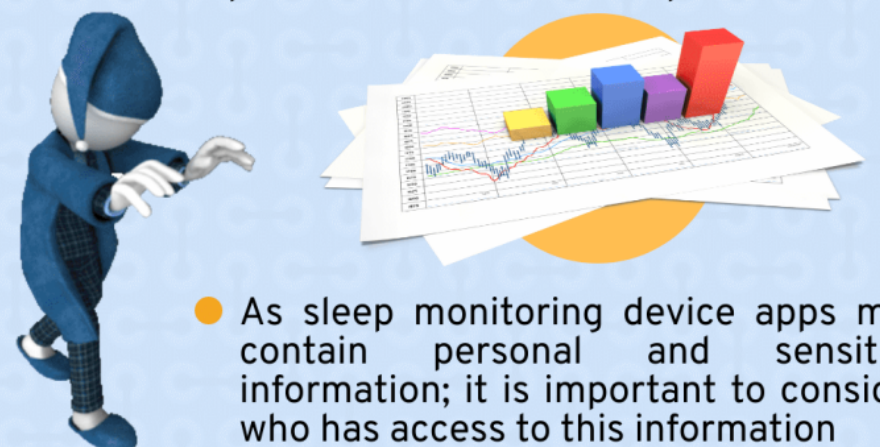
- Adolescents are more likely to be evening chronotypes ('night owls') due to later melatonin release, while athletes are more likely to be morning chronotypes ('larks') but those who are night owls struggle more with their sleep

- When possible, avoiding training times early in the morning and late at night allows ample opportunity for sleep and recovery



Pros & cons of sleep monitoring

- Some athletes may become preoccupied with their sleep monitor data, which may increase anxiety around sleep and result in worse sleep



- As sleep monitoring device apps may contain personal and sensitive information; it is important to consider who has access to this information

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