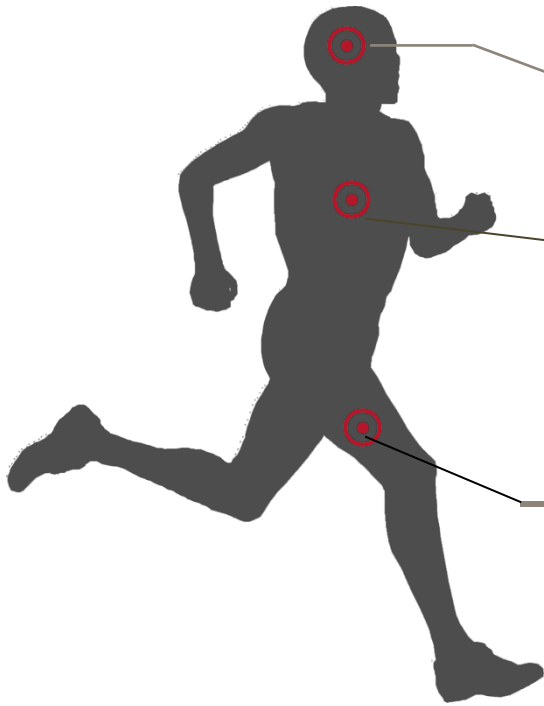




TROUBLE BALANCING SPORTS, SCHOOL, AND SLEEP?

SLEEP → OPTIMAL ATHLETIC PERFORMANCE. THE LESS YOU SLEEP, THE WORSE YOUR PERFORMANCE CAN BECOME!
Sleep loss can affect following areas that are central to peak performance:



BRAIN FUNCTIONING

- Reduce the ability to concentrate (attention)
- Make learning new athletic skills more difficult
- Interfere with making game-time decisions or choosing competition strategies

PHYSICAL HEALTH

- Increasing risk of injury
- Making you more vulnerable to illness
 - Making it hard to maintain an ideal weight/BMI
 - Reducing pain tolerance

PHYSICAL PERFORMANCE

- Make you feel exhausted more quickly
- Lower the maximum amount of weight you can lift (reduce strength)
- Decrease speed
- Reduce accuracy



THE BEST PERFORMANCE STRATEGY?

SLEEP MORE!

Look at your schedule and plan to sleep

OTHER STRATEGIES TO OPTIMIZE YOUR 24-HOUR SLEEP CYCLE



DIFFICULTY WAKING UP OR SLOW TO ALERT? This can occur when you are not getting enough sleep at night, and also as your body clock transitions to a wake state.

Strategy 1: Avoid hitting snooze. Instead, set your alarm as late as possible.

Strategy 2: Splash cold water on your face/hands and seek bright light exposure.



FEELING SLEEPY DURING THE DAY? This can occur if you are not getting enough sleep at night or during a mid-day 'dip' in your body clock. Can be higher if you are sedentary or bored.

Strategy 1: Try taking short nap (20-30 min) or rest period during the day.

Strategy 2: Increase stimulation: physical activity, drink ice water, listen to fast-paced music.



USING CAFFEINE TO HELP YOU STAY AWAKE? Caffeine is a stimulant that has a long half-life (4-6 hours) so it stays in your system a long time and can interfere with sleep at bedtime.

Strategy 1: End caffeine use by lunchtime.



WHAT ABOUT BLUE LIGHT AT NIGHT? Computers + personal devices (phone, tablet) emit blue light that is activating and can suppress/delay release of melatonin, a sleep promoting hormone.

Strategy 1: Activate blue blocking software on your personal devices (F.lux, Nighshift).

Strategy 2: Schedule work so you can aim to be off of devices for last few hours before bed.

See back for more sleep strategies >>



HAVING TROUBLE QUIETING YOUR MIND BEFORE BED? Your body needs time to unwind before being ready for sleep. Try these strategies to help you relax and quiet your mind before bed.

Strategy 1: Try to protect a 30-60 min period of wind-down time before bed.

Strategy 2: Relaxation techniques: relaxation breathing, mindfulness app (Headspace, Calm), writing, stretching.



SOMETHING DISTURBING YOUR SLEEP AT NIGHT? Your ideal sleep environment is quiet, cool, dark and comfortable.

Strategy 1: Use a sound machine, white noise app, or fan to cancel background noise at night.

Strategy 2: Block morning light from bedroom with blackout shades.

SPECIAL SCENARIOS

Some situations put extra stress on your sleep or require more planning

EARLY MORNING PRACTICE: Waking early for practice can be difficult, can make you fatigued later in the day and lead to sleep deprivation.



Strategy 1: 20-30 minutes of bright light on waking, either from sunlight or a light box, can improve alertness.

Strategy 2: A short nap of 30 minutes or less after practice can decrease fatigue and restore alertness.

Strategy 3: Waking up early usually means going to bed early to get enough sleep. Set a bedtime reminder and plan your day so you'll be ready for bed on time.

JET LAG: Jet lag occurs when your internal body clock becomes desynchronized to the time at your destination. It typically takes 1 day per time zone to recover and acclimate



Strategy 1: Sleep... the night before the flight. Avoid staying up all night and waiting to sleep on the plane. You'll already be operating at a temporary sleep debt from jet lag.

Strategy 2: Switch to your destination's time as soon as you land, or even on the plane, including timing of meals, exercise, even schoolwork.

Strategy 3: Seek out natural light when you arrive, which can help you adjust to your new time zone more easily.

SLEEP WHILE TRAVELING: Travel can also disrupt sleep by taking you away from the routine and comfort of your home environment and introducing irregular patterns and schedules.



Strategy 1: Get your room "sleep-friendly" Use blackout curtains or an eye mask, adjust the temperature to your preference and use a white noise app or ear plugs to ensure it is quiet.

Strategy 2: Create routine by keeping a diary or preparing a calendar for your day.

Strategy 3: A reminder of home, such as a pillow, blanket, even a scent, can bring comfort in a new sleep environment.



SLEEP DISORDERS: Do you routinely have trouble sleeping at night, or always feel tired during the day? Have people complained that you snore, are restless or move frequently during your sleep? These may be signs that you have a treatable sleep disorder. Talk to your health care provider about whether a referral to a sleep specialist is appropriate.

LOOKING FOR TREATMENT OR ADDITIONAL RESOURCES ON SLEEP?

Schedule an Appointment!



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