

SLEEP

RECOVERY

Sleep provides the body with the opportunity to repair and restore itself, and allows the brain to convert what was learned that day.

Poor sleep can severely impact your performance potential by interfering with cognition, energy levels, mood, and motor output. Make sure you get seven to nine hours of sleep every night so you can perform at your best.

OPTIMIZING SLEEPING PATTERNS

Establishing consistent sleep patterns and habits allows your body and mind to get the most out of sleep. Try these tips to help you fall asleep faster and enjoy the benefits of a solid night's sleep.

01 | LOWER YOUR THERMOSTAT

Dropping the thermostat to between 64 and 72 degrees fahrenheit at night has been shown to help you fall asleep faster and stay asleep longer. Experiment within this range of temperature to see what helps you sleep best.

02 | REGULATE YOUR SLEEP TIME FRAME

Establish a routine by falling asleep and waking up at the same time each day. This helps regulate your body's sleep patterns.

03 | BREATHE YOURSELF TO SLEEP

Practice your diaphragmatic breathing before bed to decrease your heart rate, blood pressure, and stress levels. Inhale for a count of 6 seconds by breathing in through your nose. Hold your breath for four seconds, and gently exhale through your mouth for 12 seconds. Repeat 10 times.

04 | REMOVE ELECTRONICS

Phones, TVs, and computers can be distracting and keep your brain active so keep all electronics in another room. Use your bedroom for sleeping only, and allow your body and brain to calm down at night.

05 | AVOID DISRUPTORS

Avoid alcohol, caffeine, and high sugar intake close to bedtime so not to disrupt your quality of sleep.