

DREAM BIG - SLEEP LIKE CHAMPS



Sleep is the ultimate recovery and performance enhancer!

Each night, all the hard work that you put into your training is optimized to help restore and prepare you to be motivated, energized, engaged, and focused throughout the next game or HIIT (High Intensity Interval Training).

Your sleeping brain is actively storing “game film” and creating new muscle memories, so you can quickly execute the right plays or moves confidently.

Better slumber = better mood! It’s a great mental advantage!

Elite athletes like LeBron James, Tom Brady, and Michael Phelps have often publically credited their consistent sleep training as their

number one method for recovery and regeneration of muscle and mind. It also has kept them relatively injury free for their lengthy and prosperous careers.

How does sleep help an athlete stay on the field?

Let’s touch on a few ways:

Reaction time- Insufficient time can reduce your reaction time substantially!

One all-nighter can reduce your reaction time by more than 300%! Even if not a full night of sleep loss, it can result in a marked reaction time deficit.

Injury prevention - One study indicated that athletes who slept on average for less than eight hours had a 1.7 times greater risk of being injured! If you want success in those “day games” – have a great “night game”- because the reality is, you snooze-you win!

Sleep **CHAMPS** Game Plan

C **Consistency** - Get to bed and wake up at around the same time each day as often as you can.

H **Hello Sunshine!** Get out in the bright light early in the morning as that helps solidify sleep-wake periods in the brain.

A **Avoid** caffeine - Be careful of late day energy drinks or caffeine that may cause problems initiating sleep.

M **Message** me not! Ditch the electronics - the lights and messaging make it hard for your brain to slow down. Spend time recharging yourself, instead of recharging your overused phone!

P **Practice and Training Scheduling** - Try to time practice and workouts at a time that matches your natural biology – are you an early bird- or a night owl? I.e. Night owls will usually perform well in the evening workouts. Listen to your own body.

S **Success** comes to those who maximize the total 24 hour training period!

Sleep Well! Dream Big!

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