



THE IMPORTANCE OF SLEEP

Muscle fatigue and breakdown occurs after strenuous activity, and your body needs adequate time to heal for the muscles to repair and regenerate. Lack of sleep increases stress, and an increase in stress interferes with tissue repair and growth.

Athletes who are sleep deprived may experience lower energy storage levels, which is needed for peak performance in endurance events including soccer.

The longer we are not in the proper sleep rhythm, the greater likelihood for diminished athletic performance, decreased concentration, focus, and increased likelihood of injury.

HOW MUCH SLEEP SHOULD I BE GETTING?

The number of hours of sleep an individual gets is individually based, especially with athletes. The proper amount of sleep will allow the body the time it needs to recover and reenergize. 8-10 hours per night is the average recommended amount. The body needs AT LEAST 6 hours of uninterrupted REM (deep sleep) to feel completely rested.

Signs of adequate sleep

Falling asleep within 20 minutes after hitting the pillow

Finding yourself rejuvenated when your alarm goes off in the morning, no need to hit snooze

Improved productivity, performance, and memory

Signs of inadequate sleep

Falling asleep before hitting the pillow

Yawning throughout the day

You get tired more quickly

Mood, judgment, and coordination negatively impacted

Higher levels of stress

SLEEP ENHANCEMENT CHECKLIST

1. Quiet environment
2. Constant room temperature (about 64 degrees Fahrenheit)
3. Ensure bedding does not cause an environment that is too hot
4. Allow extra time each night to fall asleep and wake up
5. Avoid caffeine and food/fluid ingestion leading up to sleep
6. Avoid electronics before bed
7. Do not nap after midafternoon
8. At least 7h of sleep per night
9. Sleep in a dark room