

REST AND RECOVERY

The easiest thing an athlete can do to boost performance is get a good night's sleep. Sleep affects your mental and physical performance. Teen athletes need 9–10 hours of sleep per night to overcome the increased levels of stress on the body systems.

Proper sleep leads to:

- Better focus and concentration
- Faster recovery
- Improvement in mood
- Faster reflex and reaction
- Less sickness
- Hormone balance

Sleep Nutrition

- No caffeine past 6 PM
- Sleep Inducers: bananas, yogurt, milk, rice, grapefruit, kiwis, oats, turkey, cherries, walnut, almonds

Sleep Debt



Power Naps

- 20-30 minutes: improve alertness and performance
- Best time to power nap: 1:00 and 3:00 PM
- Replacement Nap: 90-minute, used to repay sleep debt, on off days

Good Sleep Hygiene

- Turn off electronics 90 minutes prior to bed
- Keep your bedroom dark, quiet, and cool (68-72 degrees)
- Maintain a consistent sleep schedule
- Establish a regular 30-minute routine before bed
- Try 30 minutes of stretching or yoga before your 30-minute routine for bed
- Consider sleep a part of your training regimen

Questions? Contact me: Jeffrey Tamayo, RD, CSSD, LD : OKCPS Sports Nutritionist, Jtamayo@okcps.org

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