

# STRATEGIES TO IMPROVE SLEEP HYGIENE



**Aim for 7-10 hours of sleep per night depending on age and activity level.**

- Make gradual adjustments if trying to increase sleep



**Consider power naps —** 20-30-minute naps have been shown to be the most effective; longer naps may impair your sleep schedule.

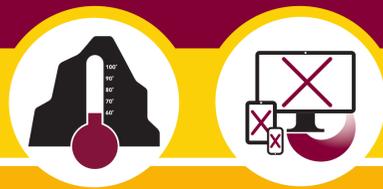


**Establish a wind-down routine —** prioritize a 20-30 minute routine before bed (e.g., reading, taking a hot shower, stretching or other relaxation techniques). It is best to avoid bright lights and screen time 1 hour prior to going to bed as the light can impact your melatonin release, which is important for sleep.



**Establish a consistent sleep schedule —**

go to bed and wake up at the same time every day of the week. For example, go to bed at 10 p.m. and wake up at 6 a.m. regardless of the day of the week. The key is consistency, not the times.



**Optimize your bedroom**

- Power down — make your bedroom technology free
- Make your room a cave — dark, quiet and cool
- Consider a noise machine or fan to decrease outside noises



**Healthy daily habits**

- Get daylight exposure (improves circadian rhythm)
  - Regular exercise improves sleep
- Avoid caffeine after noon
- Avoid/reduce alcohol: Alcohol may allow you to fall asleep easier but it interrupts/fragments sleep later in the night.
- Avoid late, heavy meals



**Consider a formal sleep evaluation for possible sleep disorders (e.g., sleep apnea).**



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## THE CMU ATHLETIC TRAINING SLEEP PROGRAM

For additional reading, consult Walsh NP, Halson SL, Sargent C, et al. Sleep and the athlete: narrative review and 2021 expert consensus recommendations. Br J Sports Med 2021; 55:356–368.

# THE IMPORTANCE OF SLEEP FOR THE STUDENT\* ATHLETE

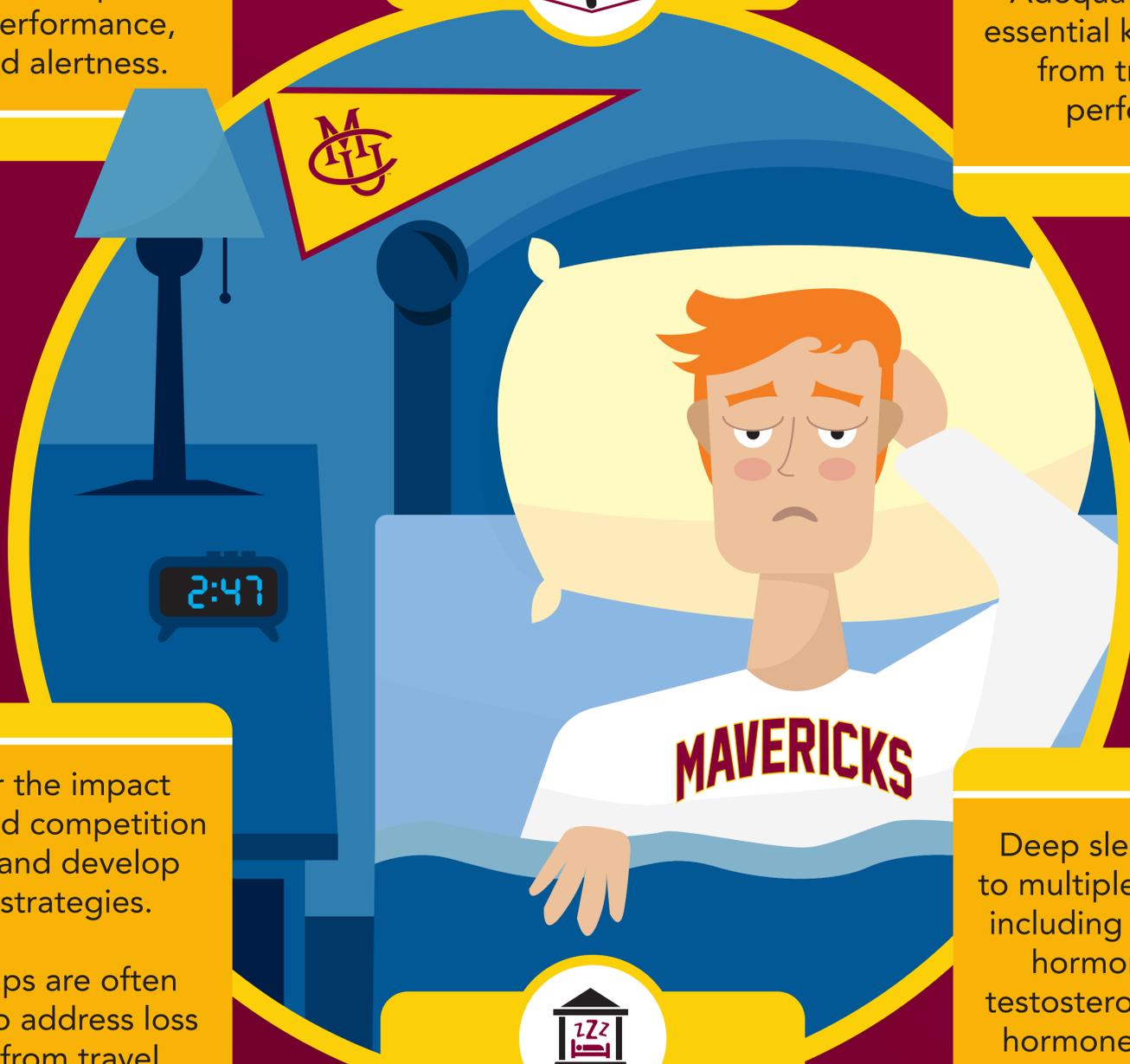


Studies show that 9-12 hours of sleep per/night results in improved athletic performance, mood and alertness.

The lack of sleep impairs cognition, focus, reaction time and balance.



Adequate sleep is an essential key to recovery from training and performance.



Consider the impact of travel and competition on sleep and develop coping strategies.

Power naps are often essential to address loss of sleep from travel, early/late practices, or competition.



Bank sleep: Obtaining more sleep, when possible, beyond normal, may improve athletic performance.

Deep sleep is essential to multiple body systems, including brain function, hormones (such as testosterone and growth hormone) and muscle/ bone repair and recovery.



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\* Ages 14-24