

LOUDOUN SOCCER

TRUE AP IMPROVES:



Speed

Agility

Quickness

Power

First Step

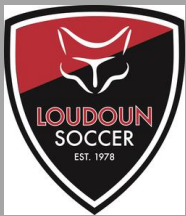
Coordination

Balance

Overall Athletic

Performance Sleep Packet





LOUDOUN SOCCER

PERFORMANCE SLEEP

With hectic schedules, juggling daily responsibilities, in addition to extensive workout routines and long practices, **athletes are quick to skimp on sleep**. What athletes might not realize is missing out on sleep means also missing out on the **recovery benefits** that coincide with a good night's rest, ultimately costing an athlete the ability to ever achieve their maximum potential, therefore forfeiting a major component of their competitive edge. **Reaction times, split-second decision making abilities, and overall endurance and energy levels**, are all compromised by missing out on the recommended amount of rest at night.

The **duration, quality, and ability to minimize chronic loss** of an athlete's sleep factor into the benefits received from sports training. With the appropriate amount of sleep, athletes are able to **optimize their recovery**, both cognitively and physiologically, and ultimately **improve their overall sports performance**.

Critical Need for Sleep:

Sleep is the foundation for recovery and enables peak performance. What an athlete spends during the day, they must replenish at night. With daily sports training, athletes' bodies rely on rest to recover and repair in order to consistently engage in the same competitive training over and over.

An athlete who misses out on sleep, misses out cognitively and physiologically through impacted:

Reaction Time and Motor Functioning	Learning and Memory	Muscle Repair
Appetite Control	Immune Function	Proper Hormonal Regulation

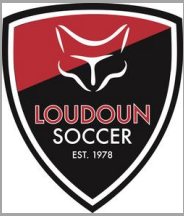
Chronic sleep loss affects:

Performance	Mood	Daytime Sleepiness
Perceived Exertion	Fatigue Levels	

45% of adolescents get less than eight hours of sleep on school nights. For an athlete to perform at their optimal level, they need to make sleep a priority, focusing both on the duration and quality of their sleep.

Requirements for Beneficial Sleep:

Athletes need 9 – 10 hours of sleep every night. While adults typically only need between 7 and 9, it is recommended for adolescents to receive more rest for their growing bodies.



LOUDOUN SOCCER

Fatigue due to a lack of quality sleep, can result in an increased risk of injury. Studies show that in youth athletes (between the ages of 6 – 18), fatigue-related injuries, were common, and associated with getting less than six hours of sleep.

Appropriate amounts of rest result in *improved alertness and a refreshed mind and body.*

Reducing Sleep Debt:

Sleep debt is accrued over time by accumulating losing more and more sleep every night for several nights. For example, if your body requires 9 hours of sleep a night, and you only sleep 6 hours of sleep a night for an entire week, you will have accumulated approximately 21 hours of sleep debt.

Identifying Inadequate Sleep:

It should take a well rested person 15-20 minutes to fall asleep at night after they have gotten in bed. A person who suffers from accumulated sleep debt will usually fall asleep within five minutes, which is a sign their body is desperate to get caught up on sleep.

More is Better:

In order to reduce the amount of sleep debt, you can:

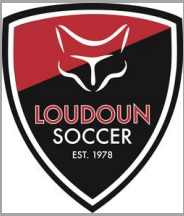
- **Get the right amount of sleep** (9 – 10 hours for adolescents).
- **Extend current hours of sleep**—regardless of whether you will achieve the desired amount of sleep, it is a step in the right direction.

Studies show that you can reduce your accumulated sleep debt, though it takes time. If someone suffers from accumulated sleep debt, they should first remedy this by making up for lost sleep, and then **establish and maintain an appropriate amount of sleep every night.**

Sleep Hygiene:

Following these tips will help develop the optimal conditions for quality sleep.

1. One hour before bed, avoid anything with a glowing screen (i.e. TV, laptop, mobile device, video games). The bright light emitted from these devices can negatively impact and even prevent quality sleep.
2. Establish a consistent sleep and wake schedule: Human bodies crave and need regularity. The same bedtime and wake time every day helps your body anticipate your individual sleep routine, and eventually prepare itself for rest and wake times.
3. Optimize your bedroom for sleep: make it cool, dark, quiet, and comfortable—like a cave.



LOUDOUN SOCCER

4. Make your bed for sleeping only: no homework, TV, video games, laptops, phones.
5. Reduce consumption of any liquids 2 –3 hours before going to bed.
6. Keep a bottle of water next to the bed.
7. Sleep only when you are tired: Don't fight sleep, but be sure that you are trying to keep a consistent sleep schedule to help your body anticipate sleep at night. If you can't get to sleep after 45 minutes, get out of bed, and do something non-stimulating for 15 minutes (i.e. reading) and then go back to bed.
8. Eliminate or reduce caffeine consumption.
9. Avoid large meals before bed: especially spicy, fried, or heavy foods. They can lead to acid reflux and cause difficulty sleeping.
10. Take a 10 – 30 minute power nap or pre-game nap:
*See the chart below on nap-taking tips.

Nap-Taking Tips:	
Short power naps (10 – 30 minutes) can be beneficial and increase alertness and performance for several hours.	Aim to take a power nap during the late morning or afternoon.
Power naps can be strategically utilized before an afternoon practice or before an evening game.	Longer naps can result in sleep inertia (feeling sluggish and groggy).
MOST IMPORTANTLY, NAPS SHOULD NOT REPLACE GETTING AN ADEQUATE NIGHT'S REST.	

Also, keep in mind:

1. Early morning workouts should not be used as a form of punishment—insufficient sleep impairs and negatively affects athletes' performance, productivity, mood and overall functioning.
2. Game film or any other team-related viewing should be done earlier in the day, as to not allow the bright light exposure to impact sleep.