Improving Sleep for Young Athletes

8-10 Hours of sleep each night for teenagers

9-12 Hours of sleep each night for children ages 5-12

Establish a Regular Sleep Schedule
Consistent sleep and wake times, *even during weekends*

*Set a routine* by taking a warm bath, reading a book, etc. to let your body and brain know it is time for bed

30-60 min *relaxation time* before bed

Good Sleeping Environment
Quiet, dark, cool temperature, comfortable and calming setting

No Electronics 1-2 Hours Before Bedtime

Avoid Caffeine and Large Meals Before Bedtime

scottishritehospital.org/sports