

# OWN YOUR SLEEP



**Prioritize** time to prepare and allow for good, efficient sleep.

Get extra sleep on the **2 nights before** games.



**Have a consistent** bedtime and morning routine.



Sleep for **at least 7-8 hours** each night.



**No phone use 45-60 mins** before bed.

**Take a nap** if you have time and have recently experienced poor sleep.



Sleep in a **“cold” dark, & quiet** room.



**No caffeine consumption 6 hours** before bed.



**Don't** go to bed hungry or dehydrated. But **plan ahead** to prevent big meals or lots of liquids before bed.

**Take warm/hot showers before bed** for decompression and relaxation



To see the references mentioned in this document **scan the QR code!**