Sleep Recommendations for Athletes

Active Start (Females & Males 0-6 years)

Duration: 13-16 hrs
Quality:
• Establish and maintain a sleep/ nap routine
• Ensure a comfortable/safe sleep environment
• Avoid stimulation 1-2 hrs before bed; minimize "screen time"
Phase:
• Consolidate nighttime sleep period
• Decrease naps to 1-2/day in the first year
• Natural light exposure first thing in the morning
Key Points:
• Establish stable sleep routines and a bedtime routine
• Use a sleep transition object
• Introduce independent sleep initiating behaviors

FUNdamentals (Females 6-8, Males 6-9)

Duration: 10-11 +30 min nap between 2-4pm
Quality:
• Maintain a regular sleep/nap routine
• Ensure a comfortable sleep environment
• Establish independent sleep initiating behaviors
• Observe sleep for sleep disorders
Phase:
• Establish a neutral sleep pattern between 9pm and 8am.
• Encourage predictable afternoon nap/rest
• Establish reliable meal routines (breakfast is the most important meal of the day)
Key Points:
• Reinforce 15-30 min bedtime routine
• Avoid stimulation 1-2 hours before bed, control "screen time"
• Good nutrition and meal routines reinforce sleep routines object
• Introduce independent sleep initiating behaviors

Sleep Recommendations for Athletes

Learn to Train (Females 8-11, Males 9-12)

Duration: 9.5-10 +30 min nap between 2-4pm
Quality:
• Maintain a regular sleep/nap routine
• Ensure a comfortable sleep environment
• Observe sleep for sleep disorders
Phase:
• Maintain Neutral sleep pattern
• Get early morning light exposure for 30 min. daily*
• Maintain reliable nutrition routines (breakfast is the most important meal of the day)
Key Points:
• Maintain 15-30 min bedtime routine
• Monitor and control "screen time"
• Monitor caffeine intake

Train to Train (Females 11-15, Males 12-16)

Duration: 9 +30 min nap between 2-4pm
Quality:
• Ensure a comfortable sleep environment
• Initiate regular napping strategy
• Monitor for excessive sleepiness & fatigue
• Observe sleep for sleep disorders
Phase:
• Maintain a regular sleep/nap routine
• Get early morning light exposure for 30 min daily*
• Monitor for a delayed sleep phase (difficulty falling asleep and waking up for school)
• Maintain reliable nutrition routines (breakfast is the most important meal of the day)
Key Points:
• Reinforce the importance of sleep routine
• Monitor for cumulative sleep debt (<9 hours/night or <56 hours/week)
• Monitor caffeine intake
• Do not train on an unrested body

Sleep Recommendations for Athletes

Train to Compete (Females 15-21+/-, Males 16-23+/-)

Duration: 8 -10 +30 min nap between 2-4pm
Quality:
• Ensure a comfortable sleep environment when travelling and competing
• Monitor for competition stress, anxiety & insomnia
• Monitor for excessive sleepiness & fatigue
• Observe sleep for sleep disorders
Phase:
• Maintain regular sleep/nap routine
• Monitor for a delayed sleep phase (difficulty falling asleep and waking up for school)
• Get early morning light exposure for 30 min. daily
• Maintain reliable nutrition routines (breakfast is the most important meal of the day)
Key Points:
• Focus on reducing sleep debt. Get 56-70 hours of sleep/week
• Do not train if unrested and sleep deprived
• Avoid technology (screen time) before bed
• If your sleep is poor seek help

Train to Win (Females 18+, Males 19+)

Duration: 8-10 hrs +30 min nap between 2-4pm
Quality:
• Ensure a comfortable sleep environment when travelling and competing
• Monitor for competition stress, anxiety & insomnia
• Observe sleep for sleep disorders
Phase:
• Maintain regular sleep/nap routine
• Monitor for a delayed sleep phase (difficulty falling asleep and waking up for school)
• Get early morning light exposure for 30 min daily*
• Maintain reliable nutrition routines (breakfast is the most important meal of the day)
Key Points:
• Focus on reducing sleep debt. Get 56–70 hours of sleep/week
• Do not train if unrested and sleep deprived
• Avoid technology (screen time) before bed
• If your sleep is poor get help