



PLAYER RESOURCES 2017

Sleep & Recovery

PLAYER DEVELOPMENT JOURNAL

SLEEP & RECOVERY

The following information has been sourced and adapted from information available on the Sydney Children's Hospitals Network and ReachOut Australia.

Sleep assists the body to rest and repair its systems. Sleep is very important to aid recovery from training and matches. REM (Rapid Eye Movement) sleep allows us to dream and some studies show that dreaming assists learning.

Lack of Sleep

Lack of sleep affects body systems, emotional and mental health, social and family relationships and behaviour. It also impacts on physical coordination and the ability to learn and solve problems, **all of which are key football attributes.**

How Much Sleep Do You Need?

There are many individual differences in how much sleep children and adolescents need. Below is a guide:

Primary School	6 - 13 years	10 - 11	hours per day
High School	14 - 17 years	8.5 - 9.5	hours per day
Young Adults	18 - 25 years	7 - 9	hours per day

Sleep Hygiene

Sleep hygiene refers to habits that help us sleep or stop us from sleeping. The following tips may help in establishing good sleep hygiene:

DO

- Go to bed to sleep at the same time every day
- Wake up at the same time every day, regardless of when you went to sleep
- Sleep in a room that is well ventilated, reasonably dark and quiet, with a consistent temperature (*21 degrees Celsius is ideal*)
- Listen to music that relaxes you before bedtime

DO NOT

- Use electronic devices (*phone, computer, TV etc.*) in the bedroom
- Use electronic devices at least 1 hour before bedtime
- Exercise excessively before bedtime
- Drink caffeine drinks or eat heavy meals late in the evening