



NETBALL VICTORIA SLEEP RESOURCE

SLEEP

One night of poor sleep is not ideal but you will be okay to play the next day. If you have several nights of poor sleep in a row, you will find it quite difficult to perform at your optimal level. Effects of sleep deprivation is evident after 3 days. Low energy intake can also exacerbate the effects of sleep lost and delay the onset of sleep and decrease your quality of sleep (or REM sleep).

Increasing sleep can also increase your ability to perform.

Symptoms of a lack of sleep include being slower to respond, feeling drowsy and being less energised for training or competition.

DO's

SAME TIME:

- Try to wake up at the same time each morning or within 1 hour.
- Try to go to bed at the same time each night or within 1 hour.

If you are not always able to sleep in longer in the morning then naps for some athletes may be a good idea (but napping should not interfere with your normal night time sleep).

RELAX:

- Try some structured relaxation (reading or listening to music) in the last 30 - 60 minutes before bed

YOUR ROOM:

- Adjust your room to have the preferred level of light/dark, background noise and quietness
- Ensure your room temperature is appropriate 10-21 Degrees is recommended

WRITE IT DOWN:

- Write down the thoughts/worries/plans for tomorrow on a piece of paper before going to bed

DON'Ts

STIMULANTS:

- Try to avoid/minimise caffeine drinks or food high in sugar prior or bed. The effects of caffeine can affect you for up to 8 hours.
- Try to avoid activities that stimulate your brain like TV, movies, video games, apps, social media or emails in the last 30 - 60 minutes before bed

DON'T JUST LIE THERE:

- If you can't sleep - don't just lie there, don't just toss and turn - get out of bed and have a glass of water, brush your hair or another small task