



Tips for Young Athletes

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 

SCOTTISH RITE

FOR CHILDREN

SPORTS MEDICINE

scottishritehospital.org/sports