



# 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**

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