**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

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*No Electronics 1-2 Hours Before Bedtime*  
*Avoid Caffeine and Large Meals Before Bedtime*

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