



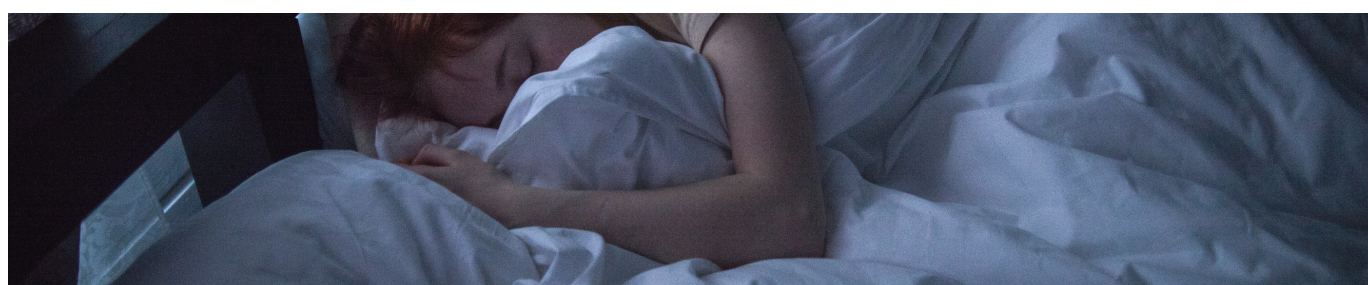
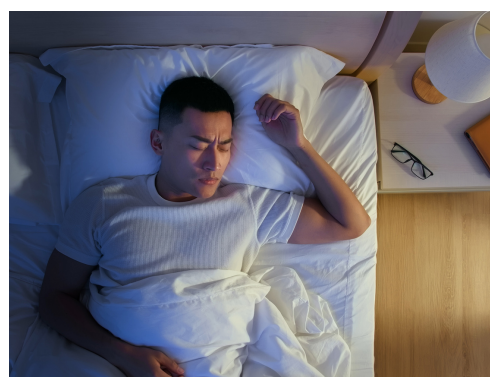
SLEEP HYGIENE

There are many approaches to the treatment of sleep disorders. The first step for any suspected sleep problem is to maintain good “sleep hygiene”.

These Ideas May Help:

YES, USE:

- A comfortable environment will aid in good sleep. Too hot or cold will cause a restless night.
- Ensure a dark environment in the bedroom. Draw the curtains. Use an eye mask.
- Sleep on a comfortable and supportive bed. Ask the hotel for the mattress firmness and pillow type you prefer.
- Quiet please: If noise disturbs your sleep, then try earplugs, or listen to calming music or a meditation app before bed. Ask for hotel rooms away from elevators or main roads with traffic noise or ask to be situated on the quieter side of the hotel.
- Home comforts: It can help to travel with your own ‘calming’ items, such as your own pillow, soft toy, or small personal items that help you switch into ‘sleep mode’ or remind you of your bedroom at home.
- When possible, keep regular bedtime hours. Go to bed at night and rise in the morning at the same times daily.
- Use a regular bedtime ‘ritual’. During competition, players don’t always have a regular bedtime and waking time, due to changing match schedules. Try to stick as close as possible to your preferred times.
- To help facilitate sleep, try gentle relaxing activities prior to bed (such as a meditation, mindfulness or relaxation exercises, stretching, reading, and Yoga).
- Go to bed when you feel sleepy.
- Bed is for sleeping: Keep the bed for sleep and intimate activities only.
- A mental health care provider can help provide more information and teach you these skills.



NO, AVOID:

- Switch off, and power down 30 minutes before bedtime. For all other activities, such as using social media, talking/messaging on the phone, doing study or writing, and watching movies use the sofa or chair. These activities are stimulating and likely to keep you awake.
- Limit exposure to blue light emitting screens before bed (laptop, mobile phone, e-reader, computer, television).
 - These are proven to greatly reduce melatonin production and increase the time to fall asleep.
 - TURN these devices OFF at least one hour before bedtime.
 - To reduce blue light emissions:
 - For smartphones & devices, set on the ‘nightshift’ function (found in display/brightness).
 - Use a blue light reducing program for laptops and computers.
- Where possible, avoid exercising late in the evening. If you have a late match, try to use your bedtime ‘ritual’ when you return to the hotel after your cool-down and recovery activities. It is normal to take a few hours to unwind after a late match; do not expect to go straight to sleep after a late match!
- Avoid caffeine, which is in cola drinks, chocolate, “energy” drinks, tea, and coffee, especially after lunchtime. It is a stimulant and has a direct negative effect on sleep hormones, which can reduce the quality and amount of sleep.
- Avoid alcohol. It is a depressant and may at first help you get to sleep, but it contributes to restless sleep, snoring, and early waking.
- Avoid spicy foods or too much food just before bed as they can cause a restless night’s sleep.
- Avoid naps of more than 30 minutes during the day. Longer naps can disrupt your sleep rhythms.

