SLEEP AND RECOVERY

Sleep is one of the best forms of recovery for your muscles and immune system. Research has shown that after 3 days of less than 7 hours sleep per night, the body’s immune defences are compromised¹. Additionally, sleep loss impairs a number of athletic abilities, such as response time, memory and physical performance². Follow these steps to create the best sleep environment for you.

Time

- Aim for at least 7-8 hours of sleep each night
- Naps will help your body recover but deep (Rapid Eye Movement) sleep is best
- Light boxes may help with regulating sleep in the winter months. Visit www.lumie.com or www.philips.ca for more information

Light/Noise

- Wear ear plugs and an eye mask if you are disturbed by the light/noise in your room
- Do not use computers/tablets/phones or anything that emits light, for at least 30 minutes prior to going to bed. Instead, reading a book or listening to music will help your body relax
- Keep the light in your room dim or completely off and avoid turning on bright overhead lights

Comfort

- In warmer environments, keep yourself cool by turning up the air conditioning, using lighter bed sheets or wearing lighter clothes to sleep

Relax

- If you struggle to relax, try yoga or meditation before bed
- Use apps e.g. www.headspace.com for short, guided meditation
- Having a consistent routine before bed can help you relax just like a pre-game routine

Nutrition

- Steer clear of caffeine-containing foods and drinks for at least 5 hours before bed. Chamomile and other herbal teas are a better option before trying to sleep
- Avoid eating a high fibre meal within 30 minutes of going to sleep to allow for complete digestion. Lying down with a full stomach can cause discomfort
- Tryptophan rich foods (e.g. feta and swiss cheese, sunflower seeds, salmon, tuna, edamame, turkey) may help promote sleep
- Melatonin rich foods such as tart cherry juice may also help with falling asleep
- Support protein repair throughout the night by consuming casein rich foods prior to sleep: yogurt, milk, cheese.

¹ Cohen, S., PhD., Doyle, W. J., Ph.D., Alper, C. M., MD, Janicki-Deverts, D., PhD, Turner, R.B.,M.D., (January 12, 2009), sleep habits and susceptibility to the common cold, Archives of Internal Medicine, v. 169, n. 1, p. 62-67