



Health Care Access Research
and Developmental Disabilities

camh | Azrieli Adult
Neurodevelopmental Centre

Why is Sleep Important for Athletes



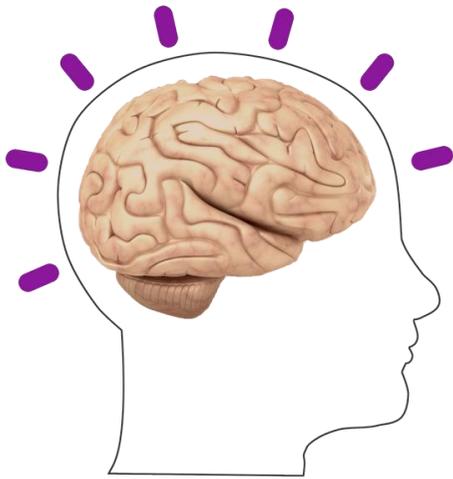
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Sleep helps our brains and bodies



Sleep may not seem important but **it is!** Especially for athletes.



When we sleep our **brains** and **bodies** are hard at work recovering from the day.



Ideally everyone should get **7-9 hours** of sleep each night.

Sleep helps our brains and bodies



Not getting enough sleep can make you **tired** and make it harder to **think clearly**.



This means you may not **play your best**.



Good sleep also supports our **mental health**. It makes it easier to manage **stressful situations** and our **emotions**.

Tip 1: Develop a Bedtime Routine

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Think about 3 things you can do to help get **your body ready** for **sleep**.



This may include putting on relaxing music, dimming the lights, having a bath or shower, or doing a **quiet activity** that **relaxes** you.



Whatever helps YOU feel ready and relaxed for bed.

Try doing these same things every day.

Tip 2: Put Away the Screens



TV, phones, laptops, and tablets all tell our brains to stay **awake**.

It is good to put away our devices at least **1 hour** before we go to bed. If that's too hard, try 30 minutes.



Some people like to leave their phones outside their bedrooms.

Tip 3: Exercise During the Day



Exercising during the day helps make your body tired at night.



Try exercising for at least **30 minutes** during the day.

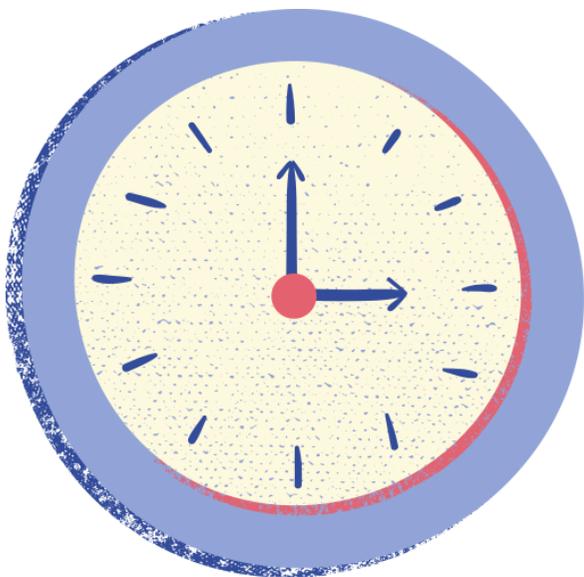


This could be as simple as walking, dancing, or doing housework (e.g. laundry, vacuuming)!

Tip 4: Avoid Caffeine Too Late



Drinks like coffee, tea, and energy drinks tell our brain to **be awake** and this can last long after you take your last sip!



Stay away from coffee, tea, or pop with caffeine in the afternoon and evening. Instead try decaffeinated drinks and **listen to your body.**

Tip 5: Ask for Help

For some people, getting a good night's sleep is **not easy**.



If you have a hard time falling asleep, staying asleep, or getting back to sleep - talk to your health care provider.



They can help figure out why you are having a hard time and make a plan to help your sleep.

This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

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