



Tips to maximize sleep quality

With Matti Clements, WSC Sports Psychologist

Sleep is about restoring the physical and mental functioning of the body. There are 5 phases of SLEEP that you cycle through every night. Phase 1-2 stimulates physical recovery; phase 3-4 stimulates mental recovery. (Phase 5 is the dream phase). Don't treat sleep as the last thing you do each day once everything else is completed. Make SLEEP quality a priority in your day.

Things to Consider:

- know how many hours of sleep you need to maximise your mental functioning (average is 7.5 hours)
 - for the next week keep a log of what time you go to bed and what time you wake up
- always try to get your average number of hours of sleep each night
- there is no need to "catch up on sleep" or get more hours of sleep than your average if you have had fewer hours of sleep the previous night
 - keep trying to get your average number of hours every night
- if you have a sleep during the day, try and limit this to 20 minutes (particularly on a game day) as your evening sleep is the most restorative (make evening sleep the priority)

if you tend to have a sleep before an afternoon/ evening game consider how you feel when you wake up:

- Do you have clarity of thought?
- Are you drowsy and can't seem to organise your thoughts?
- How long does it take you to achieve organised thought?
- Are you sleeping for too long before a game?
- repeat yourself a number of times?

Remember: The most dedicated athletes take rest as seriously as they take training

For more information on the Wakefield Sports Clinic Education Program, visit www.wakefieldsports.com.au

