MINDFUL SLEEP

BE IN THE PRESENT MOMENT

Try not to worry about the past or future and focus on the “now”

Breathing techniques can help us tune in to the present moment

“Down-shift” over the course of the evening...settle down gradually

If your mind starts to wander, gently refocus

HELPFUL TIPS

Establish quiet hours with your roommates

Try using blackout shades, earplugs, or a fan

Avoid drinking alcohol before bed

Prioritize sleep and work backwards to plan how you will use your time during the day

Aim for 8-10 hours of sleep per night

Try to avoid using electronics before bed

Treat your bed like a sanctuary

If you need to snack before bed, opt for foods that are high in calcium and complex carbs (ex. Greek yogurt)

HOOS SLEEPS?

8 HRS
CJ Stalker
Men’s Football

8 HRS
Emma Call
Women’s Track and Field

9 HRS
Mamadi Diakite
Men’s Basketball

7.5 HRS
Lauren Moses
Women’s Basketball

8 HRS
Greta Ell
Women’s Field Hockey

ADDITIONAL RESOURCES

Questions? Set up an appointment to meet with the Sports Psychologists:
Dr. Jason Freeman | jf4z@virginia.edu |
Dr. Karen Egan | kpe4q@virginia.edu |

Great online apps:
• “simply being” for meditation and relaxation
• Breath2Relax & Calm...bedtime stories for adults

Articles on NCAA.org:
• Healthy Sleep for Student-Athletes: A Guide for Athletics Departments and Coaches.
• Promoting Healthy Sleep and Circadian Rhythms in Student-Athletes: Mental Health, Social Functioning, and Physical Well-Being.


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