SIZE OF THE PROBLEM
Up to 40% of people have been affected by sleep insomnia.¹

WHAT IT MEANS FOR STUDENT ATHLETES²,³
► Training Intensity: With lack of sleep, an athlete tends to compensate by lessening the intensity of the workout. Therefore, not maximizing athletic capabilities.
► Sleep affects you behaviorally and metabolically.
► Sleep deprivation decrease levels of growth hormones and increase in cortisol, which leads to fat gain, muscle loss, and inadequate recovery.

IMPACT ON ALL OF US
► We need a good, consistent sleep-wake cycle.
► Sleep deprivation causes cognitive slowing, memory impairment, decreased vigilance and sustained attention, and diminished response capability.
► Higher rates of illness, anxiety, depression, heart disease, hypertension, chronic pain, gastrointestinal, neurologic, urinary, and breathing are also correlated to lack of sleep.

RECOMMENDATIONS
► Sleep: 8 hours (generally, this allows the sleeper to have 3 sleep wake cycles)
► Naps: limit to 10-30 minutes

SLEEP HYGIENE RULES
1. Your bed is only for sleep and only sleep when you’re in bed.
2. Ideal Sleep Environment: dark, cool, and quiet.
   ► Any noise present should be steady noise
3. Pre-Sleep Behavior:
   ► Ideally, no heavy workouts and/or meals within two hours before bedtime and allow yourself “wind down screen time” within these two hours (the less screen time, the better!).
   ► Alcohol does not help sleep quality. Alcohol makes sleep more shallow. As you body converts alcohol into sugar, your blood sugar fluctuates, disrupting your sleep and making you feel tired in the morning.
   ► Ideally, minimize caffeine after 4 pm.

RESOURCES
► UVA’s Sports Psychologists
► SAMs
► The Insomnia Workbook by Charles Morin
► www.shuti.org
   Online Sleep Program that helps maximize the amount of time you are getting good quality sleep.

METHODS OF INTERVENTION
► Minimize Naps: Naps should be 30 minutes or less to avoid “resetting the internal clock.”
► If wide-awake after 20 minutes get out of bed:
   ► Avoid screen time
   ► Quiet activity and low light (journaling, reading, or meditating)
► Have a routine
   ► Have a steady bed/wake time and a consistent routine on how you wind down before going to sleep.