

SLEEP REQUIREMENTS

RECOMMENDED SLEEPING HOURS		
10-12	9-12	8-9
Beginner (roughly U10)	Intermediate (roughly U14)	Advanced (roughly U18)

GOOD HABITS TO IMPROVE SLEEP AND GUARANTEE ENOUGH HOURS OF QUALITY SLEEP:

- Keep away from laptops, mobile phones, tablet computers, computers and television 1–2 hours before going to bed, this will reduce the exposure to blue light (blue light disturbs falling asleep)
- Dim the lights down 1 hour before going to bed
- Bedroom should be dark, silent and well aired
- Best sleeping temperature is between 16–20 °C, some like it colder and some warmer, find the most suitable one
- Set phones on silent during the night to avoid waking up by messages coming in, no vibration alarm
- Avoid caffeine 6–8 hours before going to bed
- Have regular going to bed and waking up times
- Use earplugs to cancel out unwanted noise, if needed
- Use an eye cover to cancel out disturbing light sources

Optimal sleep, rest and recovery is important for players to benefit fully from training adaptations.

Impaired nighttime sleep increases the risk for obesity, heart diseases, developing type 2 diabetes. Furthermore, lack of sleep has a negative effect on hormones, exercise performance and brain function. If children and young players do not get enough sleep their reaction times are slower, their judgment is impaired and they are more prone to emotional instability.

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Good sleep has a positive effect on eating habits, training, and health.

REASONS FOR NOT GETTING THE RECOMMENDED AMOUNT OF SLEEP:

- Watching too much TV just before going to bed
- Playing on mobile phone in bed
- Playing computer or console games before bedtime
- Studying until late
- Studying in bed
- Siblings disrupt bedtime
- Sleep rhythm of parents keeps children and adolescents up until late in the night
- Evening job
- Early morning job before going to school
- Too late practice times
- Too early practice times