

# MORRO BAY LADY PIRATES

## ATHLETIC DEVELOPMENT

## SLEEP/RECOVERY



**“Sleep is the golden chain that ties health and our bodies together.” Thomas Dekker**

Athletes perform better when they have had adequate sleep and rest.

Quite simply you need high quality sleep. Some tips:

- Black out your room. I mean REALLY black out your room.
- No LED lights from alarm clocks, fire alarms, TV's, cell phones.
- Do not watch TV or check email for at least 1 hour before bed.
- Go to bed early.

Get at least 8-9 hrs of sleep.

Ideally, you should wake up without an alarm, feeling refreshed.

**You should be sleeping 8-9 hours each night and nap when time permits.**

The work an athlete endures is only as good as the recovery effort and one of the keys to recovery is adequate sleep!

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As a matter of fact, if you don't sleep you will die!

There are two primary reasons for this:

- 1) your brain cleans up cellular garbage when you sleep;
- 2) your body repairs itself while you sleep.