

• LEARN IT IN 2 MINUTES

SLEEP FOR ACTIVE DAYS

A PlayWell Quick Guide

SLEEP IS PART OF THE PLAN.

Simple sleep basics for school, work, practices, games, workouts, races, tournaments, and active days.



01 KNOW YOUR RANGE

EVERY NIGHT

SLEEP NEEDS VARY.

These are general health ranges.

AGES 6-12

9-12

HOURS

AGES 13-18

8-10

HOURS

ADULTS

7+

HOURS



SLEEP IS NOT JUST "TIME OFF."

Sleep supports learning, mood, attention, decision-making, and feeling ready for active days.

02 CONSISTENCY COUNTS

A regular routine can make sleep easier.

ALL WEEK



EVERY DAY

KEEP BEDTIME AND WAKE TIME AS REGULAR AS YOUR LIFE ALLOWS.



START WITH WAKE-UP PLAN BACKWARD FROM YOUR WAKE-UP TIME.



AFTER A LATE GAME, TOURNAMENT, TRIP, OR BUSY WEEKEND RETURN TO YOUR ROUTINE WHEN YOU CAN.



DON'T CHASE A "PERFECT" SCHEDULE. AIM FOR A REPEATABLE ONE.



HARD DAY TOMORROW? PROTECT TONIGHT'S SLEEP.

03 BUILD A WIND-DOWN

BEFORE BED

• WIND DOWN

GIVE YOUR BRAIN TIME TO SHIFT FROM ACTIVE TO RESTED.

A SIMPLE WIND-DOWN



DIM THE LIGHTS



PUT AWAY SCHOOL, WORK, AND GAME-DAY PLANNING



CHOOSE SOMETHING CALM



KEEP PHONES AND NOTIFICATIONS FROM WAKING YOU UP

CALM IDEAS

READING

MUSIC

A SHOWER

GENTLE STRETCHING

QUIET CONVERSATION



FOR KIDS & TEENS



TURN SCREENS OFF ABOUT ONE HOUR BEFORE BED WHEN POSSIBLE.



KEEP PHONES AND SCREENS OUT OF THE BEDROOM AT NIGHT WHEN YOU CAN.

04 SET UP YOUR SLEEP SPACE

BEDROOM



MAKE THE ROOM WORK FOR SLEEP. — SMALL CHANGES COUNT.



COOL

a fan



DARK

dimmer lights



QUIET

a quieter space



COMFORTABLE



LESS DISTRACTING

a phone charging outside the bedroom

05 WATCH WHAT KEEPS YOU AWAKE

LATER IN THE DAY

CAFFEINE

WATCH CAFFEINE LATER IN THE DAY.

Caffeine can make it harder to fall asleep and stay asleep.

CAFFEINE CAN BE IN



COFFEE



TEA



SODA



ENERGY DRINKS



PRE-WORKOUT PRODUCTS



CAFFEINATED SPORTS PRODUCTS

FOR KIDS & TEENS

ENERGY DRINKS AND CAFFEINATED PRE-WORKOUT PRODUCTS ARE NOT PART OF A HEALTHY SLEEP ROUTINE.

FOR ADULTS Alcohol may make you feel sleepy at first, but it can disrupt sleep later.

06 FOUNDATIONS FIRST

EVERY DAY

RECOVERY STARTS WITH THE BASICS.



SLEEP

THIS GUIDE

+



FOOD

NO. 03 NUTRITION

+



FLUIDS

NO. 01 HYDRATION

+



APPROPRIATE REST

Products and apps are optional tools. They do not replace the basics.

07 KNOW WHEN TO GET HELP

IF IT PERSISTS

SLEEP PROBLEMS STICKING AROUND?

Talk with a healthcare professional if sleep problems are persistent or affect:

SCHOOL

WORK

DRIVING

SAFETY

ACTIVITY

ALSO ASK ABOUT HELP FOR



LOUD, FREQUENT SNORING



GASPING, CHOKING, OR BREATHING PAUSES DURING SLEEP



ONGOING TROUBLE FALLING OR STAYING ASLEEP



EXCESSIVE DAYTIME SLEEPINESS



WAKING UNREFRESHED DESPITE ENOUGH TIME FOR SLEEP

TALK WITH A HEALTHCARE PROFESSIONAL.

GO DEEPER

WANT TO LEARN MORE?

Explore the expert resources that informed this guide.

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NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
NIH
Healthy Sleep Habits

AMERICAN ACADEMY OF PEDIATRICS
HealthyChildren.org
Healthy Sleep Habits: How Many Hours Does Your Child Need?

AMERICAN COLLEGE OF SPORTS MEDICINE
Recovery That Keeps You in the Game



COMMUNITY WELLNESS FOR SPORTS & RECREATION

playwellhealth.com

Educational information only. PlayWell does not diagnose or treat sleep disorders, provide individualized sleep plans, recommend sleep medications or supplements, or replace qualified healthcare professionals.