

# SLEEP TIPS

## For travelling athletes



# 1

## CREATE AN IDEAL SPACE

Make the space your own & have a plan to adapt if things aren't as you prefer - like having a snoring roommate, or too much light. Consider bringing your own pillow, eye mask, ear plugs, sleep playlist, etc.

# 2

## HAVE A WIND DOWN ROUTINE

We fall asleep faster when we are already relaxed. Bring your own list of things you can do before bed to help you calm and unwind (e.g. shower, reading, meditation, music, imagery, drawing, etc.)

# 3

## WATCH YOUR TECH USE

Phone & social media use is stimulating and can delay the sleep response. Try to set boundaries around when you will use this tech and how close to bedtime, so that you are able to really switch off and rest.

# 4

## TAKE THE PRESSURE OFF

Pressure to get a 'good night sleep' can leave us worrying and often makes it harder to sleep. Instead of stressing, try focusing on being restful in bed and doing calm or low energy activities and sleep will generally follow.

# 5

## DEVELOP A TOOLKIT

Consider what common sleep challenges you may experience on the road (e.g. homesickness, room sharing, noise, worry, excitement, late games, jet lag, etc.) It helps to think ahead and have tools to target these specific things.