

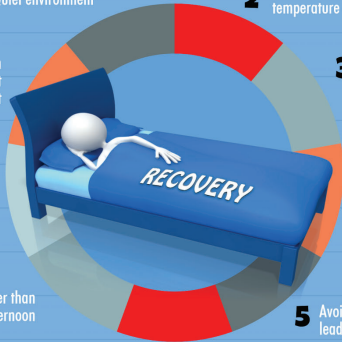
Sleep, recovery and wellness



Sleep Patterns

CHECKLIST FOR ATHLETES TO CONSIDER TO ENHANCE SLEEP

- 1 Quiet environment
- 2 Maintain room temperature ($\sim 18^{\circ}\text{C}$)
- 3 Ensure that bedding/clothing does not cause an environment that is too hot
- 4 Sleep routine: consistent time each night for falling asleep to begin and waking up
- 5 Avoid caffeine and food/fluid ingestion leading up to sleep (no nap, however)
- 6 Avoid the use of computer, tablet, TV before sleeping
- 7 Napping not later than midafternoon
- 8 At least 7 h sleep a night
- 9 Ensure dark room with no light source present



Reference: by Marshall & Turner, Strength Cond J, 2016

Designed by @YLMsportScience

Sleep



Sleep Patterns

Create a routine that works for you and helps you consistently fall asleep and wake up at the same time.

Have a regular sleep pattern; try to go to bed at the same time every evening (if possible.)

7:00 pm	Leave pool
7:30 pm	Homework
8:00 pm	Dinner
8:30 pm	Homework
9:00 pm	Screens off Shower Tidy room Shower / Yoga
9:30 - 10:00 pm	Read in bed
10:00 pm	Lights out and sleep
5:00 am	Alarm (don't snooze)

Food to help sleep

Tired habits

When you are tired you are more likely to

- Increase carbohydrate intake
- Crave sugary foods - vending machines.
- Go for easy unhealthy options
- Eat quick unhealthy/prepared meals due to a lack of motivation to prepare nutritious meals.
- "Feel good foods" are common go to options
- Snack on high fat/convenience food.
- Increase caffeine intake
 - Rely on caffeine to stay awake or wake up for sessions.



Foods that promote sleep

Certain foods have been linked to aiding sleep;

- Milk
- Meat
- Fish
- Poultry
- Eggs
- Beans
- Peanuts
- Cheese
- Leafy green vegetables
- Bananas
- Tomatoes
- Oatmeal
- Ginger
- Sweet corn



Foods that prevent sleep

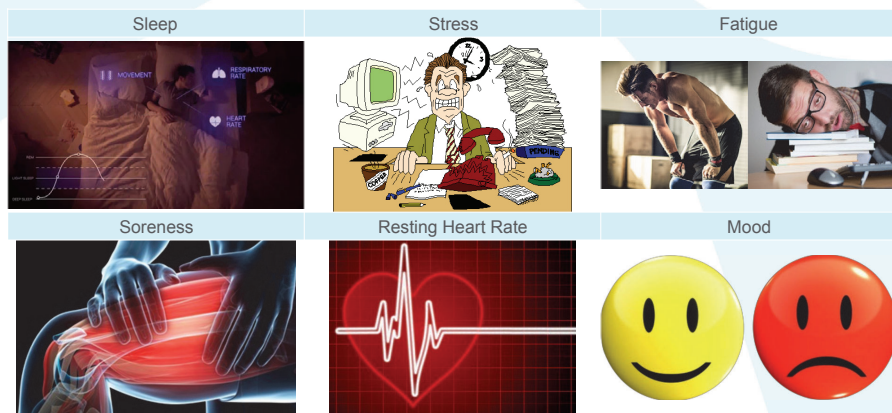
- Avoid poor hydration strategies
- Waking frequently during the night to urinate is associated with consuming too high volumes of low-sodium fluids (i.e. too much water and squash)
- Drink little and often during the day to stay hydrated

- Avoid caffeine



Illness monitoring: wellness and resting heart rate

Wellness monitoring / awareness



Nutritional recommendations to maintain immune health in athletes (I)

- Match energy intake to use e.g. fuel for the work required
- Consume recovery snacks post training and racing.
- Maintain adequate hydration throughout the day.
- Consume adequate dietary iron from red meat, dark leafy green vegetables.
- Consume omega 3 (1g per day average) e.g. oily fish such as salmon, mackerel, tuna, 3 times per week)

Nutritional recommendations to maintain immune health in athletes (II)

- Get sufficient vitamin D by sun exposure during the summer or diet
- Consume adequate fibre per day (38g per day recommended intake - UK average 10-15g per day)
- Eat a well balanced and varied diet including lots of colours: “eat the rainbow”
- Consume fermented foods, live yoghurt or probiotic drink e.g. Yakult.

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