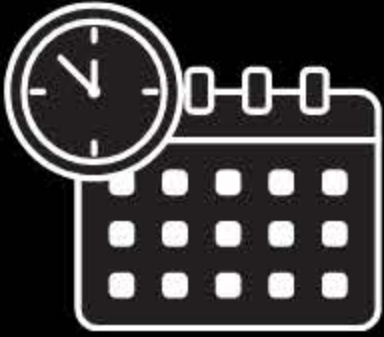




THE ATHLETE'S GUIDE TO GOOD SLEEP

HOW TO OPTIMIZE REHAB AND HIGH PERFORMANCE

THE POWER OF HABIT



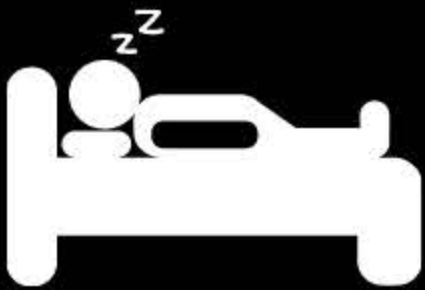
Maintain a regular schedule with going to bed and waking up. If you cannot fall asleep within 15 minutes, get out of bed and try performing a mundane task.

PREP FOR SUCCESS

Avoid eating within 90-120 minutes of bedtime. Say no to afternoon coffee. Avoid substances like alcohol and nicotine.



OPTIMIZE NAPS



Naps play an important role in an athlete's health and energy, but they should be limited to midday and last no more than 30 minutes.

CONTROL YOUR ENVIRONMENT

Avoid working, watching TV, and checking your phone in bed. Keep your room cool; around 65°F is ideal.



PREPARE FOR TRAVEL



Adjust your watch to the destination time zone as soon as you board. Eat in-flight on the destination schedule. Maintain proper hydration and avoid coffee, alcohol and nicotine. Bring a pillow and use eyeshades and earplugs.