

Sleep

Sleep Preparation

Sleep can seem elusive at times, but it is essential for high performance whether that be in a sporting or work environment. I've struggled with insomnia in the past but using these tips has changed that:

- Disconnect - put down anything you're working on a MINIMUM of 30 minutes prior to getting into bed.
- Journal – write down anything you're anxious or excited about so that it's out of your brain and won't keep you awake turning it over and over all night.
- Sleep Hygiene – follow the same routine each night to build the neural pathways which teach your body that it is expected to rest when you're done.
- Make your space relaxing – a good quality mattress and pillow are essential for a good night's sleep so invest in one that suits you. Have nice sheets that you're excited to get into each night. If you need a dark room, make sure your blinds block out any light from the street.

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Aids to a Good Sleep

- Fuel your sleep – have a high-fat snack such as milk or cheese before bed. This will keep you full for longer and stop your body from waking you up with hunger cues. If you wake up in the night and can't get back to sleep, try getting up for a small drink of milk for the same reason.
- Audiobooks – put one on with a timer and barely loud enough to hear while you're trying to drop off to sleep. Make sure it is one you've heard before so that you're not invested in the plot and stay up to listen.
- Guided sleep meditations – following a guided meditation relaxes your breathing and clears the mind. There are plenty of free apps out there, so find one you like.

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