

Sleep Tips for Athletes

1. **Stick to a Schedule** - Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.
2. **Create a Relaxing Bedtime Routine** - Engage in calming activities before bed, such as reading, gentle stretching, or listening to soothing music.
3. **Limit Screen Time** Avoid screens (phones, tablets, computers, TV) at least an hour before bed. The blue light emitted can interfere with your sleep cycle.
4. **Keep Your Room Cool and Dark** - A cool, dark environment promotes better sleep. Consider blackout curtains and keeping the room temperature between 60-67°F (15-19°C).
5. **Watch Your Food Intake** Avoid large meals, caffeine close to bedtime. These can disrupt your sleep.
6. **Stay Hydrated** - Drink enough water throughout the day but try to limit fluids before bedtime to avoid waking up in the middle of the night.
7. **Manage Stress** - Practice stress-relief techniques such as meditation, deep breathing exercises, or journaling.

There are several foods that can help improve sleep for athletes by promoting relaxation and providing nutrients that aid in sleep.

1. **Greek Yogurt with Honey** - High in protein and contains tryptophan.
2. **Banana-Almond Butter/Peanut Butter** - Provides potassium, magnesium, and healthy fats.
3. **Whole Grain Crackers with Cheese** - A good mix of carbs and protein.
4. **Oatmeal with Berries** - Contains melatonin and antioxidants.
5. **Cottage Cheese with fruit** - High in casein protein, which is slow-digesting.
6. **Tart Cherry Juice** - Can be sipped as a drink or mixed with yogurt.
7. **Turkey Slices** - Rich in tryptophan and easy to prepare.
8. **Warm Milk** - Can be plain or with a small amount of honey or cinnamon.
9. **Trail Mix** - Choose a mix with nuts and dried fruits for a balance of protein and carbs.
10. **Kiwi** - Simple and effective for promoting sleep.

Nutritional Tips for Athletes

1. **Balanced Nutritional Plan** - Ensure you're getting a mix of carbohydrates, proteins, and fats. Carbs are your main energy source, proteins help with muscle repair, and fats provide long-lasting energy, and healthy brain function.
2. **Hydration** - Drink plenty of water throughout the day. Dehydration can significantly impact your performance. Consider healthy sports drinks during prolonged activities to replenish electrolytes. (Body Armor, Smart Water, Coconut Water, Electrolyte Drinks, Pedialyte) Gatorade/Powerade have food dyes/higher sugar content - limit - Powerade Zero/Gatorade Zero have 0 sugar
3. **Pre-Workout Nutrition** - Eat a meal rich in carbohydrates and moderate in protein about 3-4 hours before exercise. A smaller snack 30-60 minutes before can also help (light snack before lifting session)
4. **Post-Workout Nutrition** - Consume a combination of protein and carbohydrates **within 30 minutes** after exercising to aid recovery. This helps replenish glycogen stores and repair muscles.
5. **Frequent Meals** - Eat smaller, frequent meals throughout the day to maintain energy levels and support metabolism. About every two hours.
6. **Whole Foods** - Focus on whole, unprocessed foods like fruits, vegetables, lean meats, whole grains, and healthy fats.
7. **Avoid Empty Calories** - Limit sugary snacks, sodas, and junk food. They provide little nutritional value and can negatively impact your performance.
8. **Listen to Your Body** - Pay attention to how different foods make you feel and adjust your diet accordingly.

Here are some great snack ideas for athletes

1. **Greek Yogurt with Berries** - High in protein and antioxidants.
2. **Apple Slices with Peanut Butter /Nut Butter** - A good mix of carbs, protein, and healthy fats.
3. **Trail Mix** - Include nuts, seeds, and dried fruits for a balanced snack.
4. **Hummus and Veggies** - Provides fiber, protein, and essential vitamins.
5. **Cottage Cheese** - High in protein
6. **Banana with Almond Butter/Peanut Butter** - Great for a quick energy boost.
7. **Whole Grain Crackers with Cheese** - Offers a mix of carbs and protein.
8. **Smoothie** - Blend fruits, greens/spinach, and a scoop of protein powder.
9. **Hard-Boiled Eggs** - Easy to prepare and rich in protein.
10. **Energy/Protein Bars** - Look for ones with natural ingredients and balanced macronutrients.
 - Clif Bar - Great for sustained energy with a variety of flavors.
 - RXBAR - Made with simple ingredients and packed with protein.
 - Larabar - Minimal ingredients and naturally sweetened with dates.
 - Kind Bar - A good mix of nuts, fruits, and whole grains.
 - Quest Bar - High in protein and low in sugar, perfect for post-workout.
 - Macrobars - Organic, Plant Based Ingredients, good source of protein