



## Tips for Young Athletes

# Improving Sleep for Young Athletes

**8-10 Hours**

of sleep each night  
for teenagers



**9-12 Hours**

of sleep each night for  
children ages 5-12

## Establish a Regular Sleep Schedule



Consistent sleep and wake times, *even during weekends*

*Set a routine* by taking a warm bath, reading a book, etc.  
to let your body and brain know it is time for bed

30-60 minutes *relaxation time* before bed

## Good Sleeping Environment

Quiet, dark, cool temperature,  
comfortable and calm setting



 **No Electronics 1-2  
Hours Before Bedtime**

**Avoid Caffeine and Large  
Meals Before Bedtime** 

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# Sport-Related Concussion



## Sleep Quality

*New research shows quality of sleep is important for concussion recovery.*

### Poor Sleep Quality



Less than **7 hours**



Can't fall asleep within **30 minutes**

Need **medication** to sleep

**Daytime** sleepiness



Wake up **frequently**

### During Concussion Recovery



**2x** worse symptoms



**1-2 weeks** longer to return to sports



**>1 month** for no symptoms

*Results from a study of more than 350 young athletes following a sport-related concussion emphasizes the importance of improving sleep quality.*

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