

# MINDFUL SLEEP

## BE IN THE PRESENT MOMENT<sup>1</sup>

Try not to worry about the past or future and focus on the "now"

Make your bedroom a safe and peaceful environment (dark, cool, quiet)

Breathing techniques can help us tune in to the present moment

Create a consistent bedtime routine and stick with it before tests or big competitions

"Down-shift" over the course of the evening...settle down gradually

Find a peaceful bedtime activity to clear your mind (journal, read, meditate)

If your mind starts to wander, gently refocus

## HELPFUL TIPS<sup>1, 2, 3</sup>

Establish quiet hours with your roommates

Aim for 8-10 hours of sleep per night

Try using blackout shades, earplugs, or a fan

Try to avoid using electronics before bed

Avoid drinking alcohol before bed

Treat your bed like a sanctuary

Prioritize sleep and work backwards to plan how you will use your time during the day

If you need to snack before bed, opt for foods that are high in calcium and complex carbs (ex. Greek yogurt)

## HOW DO YOU SLEEP?

**8** CJ Stalker  
Men's Football  
HRS

**8** Emma Call  
Women's Track and Field  
HRS

**9** Mamadi Diakte  
Men's Basketball  
HRS

**7.5** Lauren Moses  
Women's Basketball  
HRS

**8** Greta Ell  
Women's Field Hockey  
HRS

## ADDITIONAL RESOURCES

Questions? Set up an appointment to meet with the Sports Psychologists:

Dr. Jason Freeman | [jf4z@virginia.edu](mailto:jf4z@virginia.edu) |

Dr. Karen Egan | [kpe4q@virginia.edu](mailto:kpe4q@virginia.edu) |

### Great online apps:

- "simply being" for meditation and relaxation
- Breath2Relax & Calm...bedtime stories for adults

### Articles on NCAA.org:

- Healthy Sleep for Student-Athletes: A Guide for Athletics Departments and Coaches.
- Promoting Healthy Sleep and Circadian Rhythms in Student-Athletes: Mental Health, Social Functioning, and Physical Well-Being.

<sup>1</sup>Freeman, J. (2017). Personal Interview.

<sup>2</sup>Grandner, M. A. (2017, February 14). Healthy Sleep for Student-Athletes: A Guide for Athletics Departments and Coaches.

<sup>3</sup>Promoting Healthy Sleep and Circadian Rhythms in Student-Athletes: Mental Health, Social Functioning, and Physical Well-Being. (2017, February 07).

