



Recovery Technique #1 is the most important! **SLEEP**

Sleep is the most underrated and most neglected recovery technique for high performance.

Studies have shown that teenagers need 9-10 hours of quality sleep with the most important sleep times being between 10pm-2am(physical repair) and 2am-6am(psychological repair).

A study done with the Stanford men's basketball team where a control group was asked to get at least 10 hours of sleep a night over a 5-7 week period, yielded the following results: FT % went up by 9%, 3pt FG % was up 9.5%, and sprint times decreased by 5%. In addition to these results, daytime sleepiness and mood both improved.

Here are a few ideas on how to help your kids get better sleep:

Establish a nightly routine (train your brain to know its bedtime), make sure the room is CDQ (cool, dark, and quiet), remove electronics and blue light from the room, be vigilant of your kids schedule and give sleep the importance it deserves!

Lack of sleep overtime can also contribute to the body breaking down and injuries being sustained.

