Sleep & Recovery

Create a Wind-Down Routine

How to: Set a consistent bedtime. Spend 30 minutes before bed doing relaxing activities like reading, stretching, or light jurning-

Why it works: Signals your body it's time to rest, making it easier to fall asleep and stay aleep.

Limit Screen Time Before Bed

How to: Avoid phones, computers, and TV for at least 30-60 minutes before bed.

Why it works: Reduces blue light expoırure that interferes with your sleep hormone, melatonin.

Optimize Your Sleep Environment

How to: Keep your cooıl. dark, and quiet. Use blackout curtains, a fan, or white nice if needed. if needed.

Why it works: A calm environment supports deeper, more restorative sleep.

Restorative Breaks During the Day

How to: Go to bed earlier or sleep in a bit on days before you expect a busy or stressful schedule.

Why it works: Extra rest in advance can helps your body better handle upcoming demands.