

TEAM SURREY

Swim England Swimming | Performance Centre



SLEEP

Getting enough sleep is the **easiest way to improve your potential in the water**

Sleep deprivation can lead to:

1. Overtraining
2. Cognitive issues
3. Worsening of reaction times
4. Increased stress levels
5. Compromised immune system

Inconsistent sleep/wake cycle = upset the body's circadian rhythms + greatly impact performance in training and races

Tips for improving sleep:

- ✓ Limit naps to only 30 mins
- ✓ Avoid caffeine close to bed
- ✓ Avoid heavy/rich/citrus food before bed
- ✓ Create a relaxing bedtime routine (reading, warm shower, stretching)
- ✓ Clean bedsheets, cool bedroom, comfort
- ✓ Avoid bright blue light in the lead up to going bed…Phones/laptops +TV screens!!!

The harder you train, the more you need to sleep!
Plan naps where possible and set yourself bed times!

Approximately 8 hours sleep per night is needed to prevent neurobehavioral deficits associated with sleep loss

A well-rested swimmer will…

1. Swim 0.51 seconds faster
2. React 0.15 quicker of the blocks
3. Increase their kicks by 5
4. Improve turn time by 0.10

All together this adds up to nearly 1 whole second! How far are you off of your goals?

A lack of sleep will make a day's training more mentally exhausting than it would normally be