



"NRXC is a group of friends that have fun running together and are excellent in our integrity, teamwork, and fitness."

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NRXC SLEEP RESOURCE

Adequate sleep is perhaps the single greatest enhancer of running performance. We train so that we can adapt and improve based on our training. When we consistently deny our bodies adequate sleep, they are unable to adapt to our training, leading to a frustrating cycle of work with only minimal improvement, or worse, no improvement at all.

Developing young adults should aim get at least 8 hours of sleep every night; 9 or 10 would be better. During sleep, our body recovers, repairs itself, adapts to the training, and gets us mentally ready to train and work the following day. While training is what stimulates our body to improve our running, recovery and sleep is when that improvement actually occurs!

We know you have a lot more going on in your life besides running—and that's as it should be! We know that there are times where you can't get the ideal amount of sleep, whether because of school deadlines, illness, work, or other stress. This is part of life, and you shouldn't feel bad about it.

But you should work to structure your life and habits so that you can get the recommended amount of sleep most nights. Limiting time on electronic devices and reducing your tendency to procrastinate deadlines will go a long way to helping you get the sleep you need.

While one or two nights of bad sleep (such as when you can't sleep the night before a race) likely won't have any significant impact on your running performance, **too many** nights without enough sleep can leave you feeling tired, mentally fatigued (*i.e.*, foggy and slow rather than quick and clearheaded), irritable, depressed, unmotivated, or, worst of all, injured. While there are any many reasons you could feel some or all of those symptoms, inadequate sleep is one possibility.

Check out the hints on the back side of this page for tips and ideas about how to make sure you're getting enough sleep to support your training and other life endeavors!

NRXC SLEEP TOP 10

1. Aim for 8-10 hours of sleep a night.
2. Do your best to go to bed and wake up at a consistent time.
3. Get your phone and other electronics out of your bedroom.
4. Try to stop electronics use at least a half-hour before you go to bed.
5. Drink regularly throughout the day, but don't drink a lot just before you go to bed.
6. Don't nap excessively during the day. If you're getting adequate sleep at night, you shouldn't need to nap during the day. If you do take a nap, set an alarm, and keep it to 20 minutes or less.
7. Stay active throughout the day so that you're ready to sleep at night.
8. Don't take caffeine (whether via coffee, energy drink, or other source) after early afternoon.
9. Be proactive with completing your homework and other commitments so you can prioritize your sleep.
10. Keep your bedroom dark and cool. Get rid of electronic lights or other night lights.