

Information for Sleep, Hydration, and Stretching

Sleep:

- Sleep deprivation affects submaximal, prolonged exercise.
- High glycemic index foods more than 1 hour prior to bedtime
- High carbohydrate diet leads to shorter sleep latency.
- High protein leads to improved sleep quality.
- High fat diet negatively affects total sleep.
- Sleep quality is disturbed with decrease in caloric intake.
- Small doses of tryptophan may improve sleep latency and quality.
 - Turkey (300g) and pumpkin seeds (200 g)
- Melatonin may decrease sleep onset time.
- (Halson, S.L. (2014). Sleep in elite athletes and nutritional interventions to enhance sleep. Sports Med, 44 (Suppl I), S13-S23.)

- Aim for 7-9 hours of sleep/night
- Optimize environment
 - Quiet, dark, cool (65-68° F)
- Standardize bedtime and establish regular sleep schedule
- Minimize caffeine intake
- Avoid hyper-hydration
- Avoid/minimize use of electronics
 - Especially “blue-light”
- Possibility of day time nap (15-30 minutes)

Hydration:

Key Benefits

- Delay fatigue and maintain mental acuity
- Optimize ability to regulate body heat, especially in hot environments
- Improve ability to recover quickly from training and competition
- Dehydration can increase your risk of injury because your body needs fluids to function properly
- Dehydration decreases your performance. In other words, if you are dehydrated it feels much harder to do the same exercise task

- 8-10 8oz glasses of fluid a day (every athlete needs different amounts of fluid)
- Different fluid needs are based on sweat rate, temperature, amount of food eaten, exercise amount, and medical conditions
- Use your thirst, weight, and urine color as a guide.

**Am I Hydrated?
Urine Color Chart**



Water Consumption During Exercise:		
Before	During	After
45 minutes	Every 20-30 minutes of activity	ASAP
8 oz	6-12 oz	16-24 oz fluid for every pound lost

Stretching:

Benefits of stretching:

Stretching provides many benefits for your body. Stretching helps prepare your body for your workout and aids in your body's recovery process after your workout. It also helps improve your joint range of motion, your overall flexibility and can even be used to help reduce your stress.

Stretching/flexibility recommendations:



THE KING'S ACADEMY

Incorporate stretching exercises into your workouts 2 to 3 days a week, but daily stretching is most effective.

- Your flexibility exercises should target each of the major muscle-tendon groups:
 - Shoulder
 - Chest
 - Trunk/back
 - Hips
 - Quads/Hamstrings
- Perform dynamic stretching **before** working out
- Perform static stretching or dynamic stretching **after** working out
- Stretch to a point of feeling tightness or light to moderate discomfort, depending on your fitness level
- Do **not** bounce while stretching, this can cause injuries.
- It is best to hold the stretch in one position or to slowly move it through its range of motion
- Add in foam rolling at the end of your workout to help improve flexibility

