Developing young athletes

SLEEP IS PART OF TRAINING

How much young athletes need, and how to protect it.

HOW MUCH

AGES 6-12

9-12 hours

Wake at 6:30 a.m.? **Lights out by 9:30 p.m.**

AGES 13-18

8-10 hours

Wake at 6:30 a.m.? **Lights out by 10:30 p.m.**

Per 24 hours, on a regular basis. Early game day? Move bedtime up to match the alarm.

1.7x

Athletes who averaged under 8 hours a night were 1.7 times as likely to have had an injury, in a study of 112 middle and high school athletes.

An association, not proof of cause.

PROTECT IT

1. **Keep the same wake-up time, even on weekends.**
2. **Screens off an hour before bed, and out of the bedroom.**
3. **Put bedtime on the calendar like practice.**
4. **After a late practice or evening game, keep the wind-down easy.**

Informed by the AASM pediatric sleep consensus (endorsed by the AAP), AAP guidance on screens and bedtime routines, and research on sleep and injury in young athletes (Milewski et al., 2014; Fox et al., 2019). Individual needs vary. General guidance for young athletes, not an individual plan.