A good night’s sleep is essential for young athletes to perform their best in sports and in school. It can also reduce their risk of injury, help them manage stress and promote better eating habits.

Tips for better sleep*
• Get 8.5 to 9.5 hours of sleep every night.
• Prioritize rest and give it the importance it deserves.
• Make a sleep schedule and stick to a good routine.

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*Provided by Holly J. Benjamin, MD, FACSM