



INTRODUCTION TO HEALTHY HABITS

Lesson 2: Sweet Dreams

After a workout, the body needs time to rest, repair, and refuel the muscles worked during exercise! This lesson will review the importance of sleep and provide athletes with tips to help them get a good night's sleep.

LEARNING OUTCOMES

- Athletes learn the importance of sleep, rest and recovery.
- Coaches and caregivers support athletes to identify one small change they can make to their nighttime routine.

EQUIPMENT NEEDED

- None

LESSON OUTLINE

20 MINUTES TOTAL	DESCRIPTION
3 minutes	Welcome and Gather
11 minutes	Tips for Sleep 1. True or False (7) 2. Relax (4)
3 minutes	Athlete Question of the Day
3 minutes	Closing



WELCOME AND GATHER (3 minutes)

Greet athletes as they arrive. Invite athletes to walk with a partner and discuss their sleep routines until everyone arrives. *What is something you do to get ready for bed?*

To begin the lesson, call everyone in with your designated signal.

Once athletes are gathered, introduce the Fitness through Sport lesson of the day.

Today's lesson is called Sweet Dreams! Sleep and rest days can help with recovery, focus and motivation, which make it possible to bring your best self to any physical activity you choose.



TIPS FOR SLEEP (11 minutes)

Purpose: Teach athletes about healthy sleep practices and help them visualize their sleep routine.

Directions:

1. True or False:

- I am going to read off a list of sleep tips. Tell me if the tip is True or False.
 - If true, make a letter T with your body – stand tall with arms out. If false, shake your head ‘no’ or wag your finger.
 - Option to use ‘thumbs up for true’ and ‘thumbs down for false’.
- Use the [Healthy Sleeping Tips](#) handout for more information.

QUESTIONS	ANSWER
Watching TV right up to the time you go to bed will help you fall asleep faster.	FALSE
You should avoid drinks with caffeine, like coffee, soda, tea and chocolate, 4 hours before bed.	TRUE
A good sleep routine includes doing relaxing activities before bed and going to bed at the same time each night.	TRUE
A warmer room with a lamp on will help you sleep.	FALSE
You should do 100 jumping jacks right before you get into bed.	FALSE
Most athletes can get by on 4 hours a sleep per night.	FALSE
Taking two active rest days each week, along with a good nights sleep each night, will help you feel good and perform at your best.	TRUE

2. Relax

- Have athletes lie down or sit comfortably and close their eyes.
- Let’s start by taking some nice relaxing breaths. As you breathe in through your nose, imagine you are smelling a flower. As you breath out through your mouth, pretend you are gently blowing out a candle.
- Invite athletes to continue this breathing pattern with their eyes closed:
 - As you continue breathing, think about your sleep routine.
 - Imagine yourself turning off the TV or screens 2 hours before bedtime,
 - Imagine yourself doing a few of your favorite stretches,
 - See yourself brushing your teeth,
 - What other activities are you doing before bed?
 - Finally, imagine yourself getting into bed and falling asleep.
(wait 30-60 seconds before continuing)
 - Slowly bring your focus back to the group. Take your time, do a few stretches and wiggles and gradually come up to a seated position on bed.
- Allow the athletes time to stay seated for the Athlete Question of the Day.
- Option to do this activity at the end of a practice as a visualization and mindfulness activity.



ATHLETE QUESTION OF THE DAY (3 minutes)

When you were relaxing, what is one thing you pictured yourself doing to get ready for sleep?

- List the activities from the Healthy Sleeping Tips if they need a reminder.
- Remind athletes to add new habits to their Weekly Habit Tracker.



CLOSING (3 minutes)

Thank the athletes for their participation and effort. **Share something about your sleep routine.**

An activity that helps me to relax before bed is _____.

Reminders:

- [Homeplay: Healthy Sleep Checklist](#) — *In this week's Homeplay activity, you will go through the Healthy Sleep Checklist to give you ideas for getting 7-9 hours of sleep each night!*
- Share feedback and praise for effort and healthy habits you observed.

Coach Reflection:

- What worked?
- What did not work? What can be done differently?

SUPPORTING RESOURCES

- [Homeplay: Healthy Sleep Checklist](#)
- [Healthy Minutes with Megan: The Importance of Sleep](#)
- [Healthy Sleep Checklist](#)
- [Healthy Sleeping Tips](#)