

# COACHING NOTES FROM COACHING CULTURE



## EPISODE 122 WHY YOUR ATHLETES NEED MORE SLEEP AND WHAT TO DO ABOUT IT

Register for April 5th Workshop in Chicago <https://thriveonchallenge.com/public-workshop/>

Mentorship to Help You Transform Your Leadership: [thriveonchallenge.com/mentorship/](https://thriveonchallenge.com/mentorship/)

Schedule a Mentorship Call with JP: [calendly.com/thriveonchallenge/initialcall](https://calendly.com/thriveonchallenge/initialcall)

With Nate: [forms.gle/5f8VmQ5LM8uN1qJd9](https://forms.gle/5f8VmQ5LM8uN1qJd9)

NBA Players and Sleep

[https://www.espn.com/nba/story/\\_/id/27767289/dirty-little-secret-everybody-knows-about](https://www.espn.com/nba/story/_/id/27767289/dirty-little-secret-everybody-knows-about)

J.P.'s Article on Benefits of Sleep

<https://thriveonchallenge.com/how-sleep-deprivation-is-hurting-athletes-and-six-habits-for-better-sleep/>

Educate on Sleep Habits

- Phone
- Dark Room & Temperature
- Routine
- No TV or Homework in Bed
- Consistent Times

Use Google Form to Track # of Hours a Sleep a Night

Texas Tech Basketball

<https://www.foxbusiness.com/technology/texas-tech-banned-smartphones-amid-ncaa-tournament-run-report>

Team/ Unit Commitments

- Turn the Phones In
- No Social Media After a Certain Hour
- Agreed Upon Lights Out

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### Working with Parents

- Educate
- Give Strategies to Help

### Sleep More as a Coach

As Matthew Walker, professor of neuroscience and psychology at the University of California at Berkeley and founder and director of its Center for Human Sleep Science, says: "Based on the weight of probably now about 10,000 empirical scientific studies, the number of people who can survive on six hours of sleep or less without showing any impairment, rounded to a whole number and expressed as a percent of the population, is zero." -From ESPN Article

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