

[The Importance Of Sleep, By Sage Rountree & Competitor.com](#)



Sleep is critical to recovery. How much you need is individual, but if you are routinely getting less than 6-7 hours your performance will suffer. During sleep the body balances itself and recovers. Poor sleep is an indicator and contributing factor to overtraining

8-9 Hours is a good goal

Getting more sleep usually means going to bed earlier. Try these tips to help unwind:

- Eat dinner earlier and avoid caffeine after midday
- After dinner engage in low-key activities like yoga or relaxing with friends/family
- Resting with your feet up
- Make sure your room is dark and quiet

Naps can help increase your sleeping time. Remember:

- Even 30 minutes can help you feel rested
- Naps can make a difference in your energy and outlook
- Don't nap so long that it is hard to fall asleep at night

One rule of thumb for sleeping requirement is to take the number of miles you're running per week and add that number to your usual sleeping time. Ideally you should sleep until your body has had enough.

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