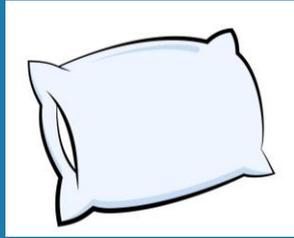


# Home Comforts



- It's common to feel homesick when staying away for a competition
- This can lead to increased anxiety which can negatively impact your sleep
- Try bringing something from home to help you relax and fall asleep more easily (eg bring your own pillow, take a soft toy or blanket, use a blanket substitute such as a hoodie or jumper to hug and comfort you)



# Relax



- It's important to unwind so you feel ready to fall asleep
- Take a book away with you as reading is a great activity to help you relax and prepare for sleep
- If you are sharing a room with someone try and have a chat with them before bed to help you both switch off from the day and relax
- If you are homesick try calling your family or friends from home to comfort you so you feel more at ease and ready for sleep

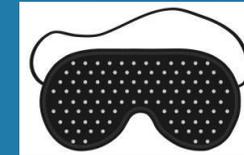
## Managing Sleep at Competitions

### Snacks!



- There's nothing worse than trying to fall asleep when your stomach is growling with hunger!
- When staying away at a hotel you can't guarantee that there'll be food to eat during the night
- Pack some food and drink with you so if you get hungry before bed you are able to have a snack and won't keep yourself awake with hunger!
- Easy to pack snacks include: water bottles, cereal drinks (that don't require refrigeration – eg Weetabix drinks), snack bars (eg Nature Valley, Belvita, Nākd), rice cakes, fruit

### Sleep Hygiene



- When you're staying away from home you don't have full control over the room / surroundings, so try your best to overcome these with the following:
- Darkness (turn lights off, avoid blue light from phone and TV screens, and wear an eye mask)
- Noise (use earplugs or a white noise sound app to block out background noise)
- Temperature (open a window, if there's aircon set it to 19 °C)
- Avoid caffeine and alcohol before bed