The quality of sleep is an essential factor in the success of an athlete. REM (Rapid Eye Movement) sleep, in particular, provides energy to both the brain and body, which helps anyone perform at their highest level.

Children 6 to 12 years of age should sleep 9 to 12 hours, and teenagers between the age of 13 to 18 years should sleep 8 to 10 hours daily to promote optimal health.

So remember that whether you are swinging the bat in the big leagues or just having fun in your backyard, that a good night’s sleep is always important.