Baseball games can be long, especially if your team goes into extra innings. To win these long games, it’s important for you and your team to stay focused throughout.

**One way to help maintain focus through the game is to get enough sleep!**

A well-rested mind can help improve your attention, reflexes, and reaction time in game as well as speeding up recovery in between games. It’s vital for baseball players to get enough sleep before games so here are some tips to ensure a good night’s rest!

- Aim to get 7-9 hours a sleep a night to get all the benefits of a good night of sleep.
- Reduce irregular or long daytime naps (short naps are good.)
- Try to sleep and wake up at consistent times.
- Aim to eat your last meal 2-3 hours before bedtime.
- Relax and clear your mind in the evening through relaxing techniques like meditating, reading, deep breathing, and visualization.
- Take a warm bath or shower
- Exercise regularly but not right before bed.