



## *Go Bananas for QuickStart!*

### **WHY do tennis players like to sleep?**

#### **BECAUSE ... SLEEP**

- Allows the body time to recover from exercise
- Keeps our immune systems healthy
- Rests our brains
- Improves our motor skills
- Helps our metabolism operate efficiently
- Improves our memory
- **Makes us energetic and ready to play MORE TENNIS!**

#### **HOW MUCH SLEEP DO I NEED?**

School-age kids need 10 to 11 hours every night!

#### **HOW CAN I TELL IF I'M NOT GETTING ENOUGH SLEEP?**

- Can't wake up easily in the morning
- Can't concentrate in school or on homework
- Can't remain alert and energetic all day
- Feel and act tired or grumpy for no reason

**Want to be a great tennis player?  
Sleep like a great tennis player!**

**We all need Restorative Sleep!** Kids need lots of sleep because their bodies and brains are growing. Tennis players need lots of sleep too! After dinner, they like to relax to help their bodies wind down. Tennis players try to go to bed at the same time every night. They have a bedtime routine – bathe, stretch a little, read, listen to music. When they go to bed, they like the room to be cool, quiet and dark. Nightlights are OK! Tennis players sometimes nap during the day, especially at tennis tournaments. Good sleeping habits help keep tennis players very healthy!



Photo Matt Riley

### Mac Styslinger

**#2 Blue Chip Recruit**  
**Four junior grand slams**  
**2012 ITA All-American**  
**Doubles Finalist**  
**Started tennis at age 5**

### UVa Men's Tennis Star Goes Bananas for QuickStart!

Mac Styslinger *Goes Bananas* for getting lots of sleep and eating lots of fruits, vegetables, whole grains, lean meats and protein. Mac also, drinks lots of water and plays lots of tennis.

### Go Bananas for QuickStart!

**Bedtime Routine Check:** Mac likes to get 9 to 10 hours of sleep each night. On-court Mac always has lots of water, Gatorade and bananas. He starts his day with eggs, bacon, cereal and fruit. His favorite lunch is a turkey sandwich. For dinner he likes a salad and lean meat for protein. For special occasions Mac has a big cheeseburger with fries.