

A **BU** GUIDE FOR STUDENTS IN SPORTS

SLEEP

EFFECTS OF SLEEP DEPRIVATION:

- ✗ decreased energy storage in muscle
- ✗ decreased strength
- ✗ decreased sprint times
- ✗ decreased time to exhaustion
- ✗ decreased psychological and motor functions, mood, energy, and enthusiasm

TIPS & TRICKS:

- ★ Don't go to bed until you are sleepy
- ★ Establish regular bed time routines
- ★ Try to get up at the same time every morning
- ★ Try to get a full nights sleep. Avoid naps (But if necessary limit them to 1 hr before 3pm)
- ★ Use the bed for sleep and intimacy only (avoid TV, phone use, etc)
- ★ Avoid caffeine if possible (if necessary, drink caffeine before noon)
- ★ Avoid alcohol, especially before bed
- ★ Do not smoke cigarettes or use nicotine
- ★ Consider avoiding high intensity exercise right before bed
- ★ Make sure bedroom is quiet, as dark as possible, and on the cooler side

MENTAL HEALTH RESOURCES

Headspace

App backed by research and designed to guide you through mindfulness and meditation



FREE for all Boston University students

Click [HERE](#) to sign up

Center for Anxiety & Related Disorders (CARD)

Comprehensive assessments and evidence-based treatments for a wide range of anxiety-related conditions

Call [617-353-9610](tel:617-353-9610) or click [HERE](#) for more info

Student Health Services: Behavioral Medicine

Offers a wide range of mental health services (assessment & diagnosis, therapy, groups and workshops, and more)

Schedule your initial evaluation via patientconnect.bu.edu or call [617-353-3569](tel:617-353-3569)

Click [HERE](#) for more info

ATHLETIC TRAINING

⚠️ Currently, there is little to no low-quality evidence to support identifiable risk factors for sport-specific injury to allow for a comprehensive injury prevention program.

Exercise programs need to be individualized. Most college students participating in sports are meeting the CDC exercise guidelines

RECOMMENDATION: contact your AT or connect with a physical therapist to help create an individualized rehab program to get you back to your sport ASAP

Follow these instructions to request an appointment or Click [HERE](#) for more info on Athletic Training

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1. Login into patientconnect.bu.edu
 2. Go to messages in the left menu
 3. Click "new message" then "Athletic Training Department (Varsity/Club Athletes)" then "request an appointment"
 4. Describe the injury/illness and symptoms

*make sure to select the appropriate affiliation (club vs varsity)

ILLNESS PREVENTION & RECOVERY

Upper respiratory tract infections (URTIs) are the most common illnesses in athletes, and rates of URTI's are highest during the winter months!

RISK FACTORS FOR ILLNESS IN ATHLETES:

frequent travel
competition indoors
close contact with teammates
psychosocial stress
sleep disturbance

PREVENTION AND TREATMENT

ATHLETE

- ▶ Proper handwashing
- ▶ Consume a nutritious diet
- ▶ Get adequate sleep
- ▶ Do not share water bottles, towels, etc
- ▶ Have good cough etiquette
- ▶ Avoid contact with potentially ill people
- ▶ Stress management

COACH

- ▶ Workouts that account for the individual - slow ramp ups/tapers
- ▶ Planned recovery days
- ▶ Monitor for early signs of overtraining and/or illness
- ▶ Appropriate scheduling of competitions/travel

ACADEMIC SUPPORTS

Tutors under BU Athletics are free for all varsity athletes, speak to your athletic advisor for more info

Peer Tutoring available and FREE for all BU students. Offers individual, group, recurring, and drop-in appointments

Click [HERE](#) to book an appointment for peer tutoring or to learn more

If you have a documented disability, BU's Disability & Access Services offers academic support and accommodations, such as extended examination time, distraction-reduced environment, course materials in alternative formats, and more

Click [HERE](#) to fill out an intake form or learn more

Educational Resource Center offers several services for students struggling academically, such as academic coaching, academic skills workshop, open study, and more

Schedule an appointment through [Handshake](#) with your BU log in or Click [HERE](#) for more info

OTHER RESOURCES

Sargent Choice Nutrition Center - offers counseling, sports nutrition workshops, seminars, etc

Equal Opportunity Office (EOO)- submit an incident for harassment, discrimination or sexual misconduct; or request accommodation for work

Sexual Assault Response and Prevention (SARP) crisis line
617-353-7277

Office of Ombuds - confidential resource that provides a safe place for off-the-record conversations about sensitive and challenging concerns

University Chaplains - contact info on website

FULL LINKS

Headspace - <https://www.bu.edu/studentwellbeing/how-to-live-well/headspace-app-free-for-students/>
CARD - <https://www.bu.edu/card/adult-treatment-at-card/conditions-we-treat-adults/>
SHS: Behavioral Medicine - <https://www.bu.edu/shs/behavioral-medicine/>
Athletic Training - <https://www.bu.edu/shs/athletic-training/>
Peer Tutoring - <https://www.bu.edu/erc/programs/tutoring/>
BU Disability & Access Services - <https://www.bu.edu/disability/incoming-students/>
Educational Resource Center - <https://www.bu.edu/erc/programs/support/#what-to-expect>
Sargent Nutrition - <https://www.bu.edu/scnc/all-services/>
EOO - <https://www.bu.edu/eoo/>
SARP - <https://www.bu.edu/shs/sarp/>
Ombuds - <https://www.bu.edu/ombuds/>
Chaplains - <https://www.bu.edu/chapel/about/staff/chaplains/>