

# MINDFULNESS



## SLEEP & NUTRITION

Optimizing consistent sleep and nutrition habits should be the foundation of all recovery efforts



**WHAT DOES IT DO:** Improves attention, focus, and basketball shooting performance and reduces anxiety and stress. <sup>1-5</sup>

**NATIONAL CHAMPION Caliber Protocol:** 5 to 20+ minute sessions, as many sessions as needed per week

**PRO TIPS:** Combine your dry or wet float therapy session with meditation, mindfulness, or breathwork

**BEST TIMES:** Anytime before or after a training session or anytime you feel you need to relax or focus



REFERENCES

THE  
**PIT** PERFORMANCE  
INNOVATION  
TEAM