



# Why Your Smartphone is the Extra Player on the Ice (For the Other Team)

Every time you scroll through social media before a game, you're actually giving your opponent an advantage. Science shows that just 30 minutes of screen time before hitting the ice causes significant mental fatigue that affects your performance when it matters most.

# The Invisible "Brain Drain"

## What Happens to Your Brain

Using social media before a game literally drains your mental energy. Your brain treats every notification, every post, every scroll as a tiny decision to make. By game time, your mental fuel tank is already running low.

The impact on your game is real: Your hockey IQ drops significantly. You'll make slower passing decisions, miss open teammates, and struggle to read developing plays. Research shows athletes who use phones before training feel the workout is harder than it actually is, leading to earlier burnout in the 3rd period.



### Mental Fatigue

30 minutes of scrolling = reduced focus and slower reactions



### Lower Hockey IQ

Slower decision-making and missed opportunities on the ice

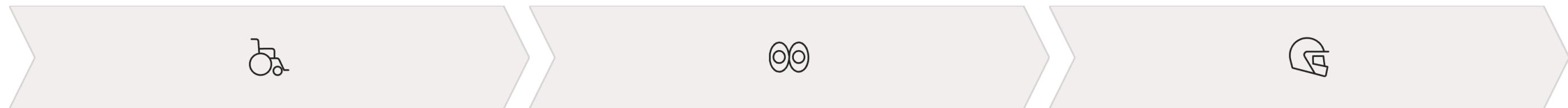


### The Glove Box Rule

Phones away 60 minutes before puck drop—no exceptions

# See the Whole Rink: Don't Let Your Phone Shrink Your Game

Staring at a small screen for hours literally trains your eyes to focus on a narrow field. This is called Visual Field Constriction, and it's killing your peripheral awareness on the ice.



## Phone Vision

Your eyes lock into a narrow 5-inch field. You lose awareness of everything happening around you.

## The Impact

You won't see that blind-side hit coming. You'll miss the winger wide open on the far post.

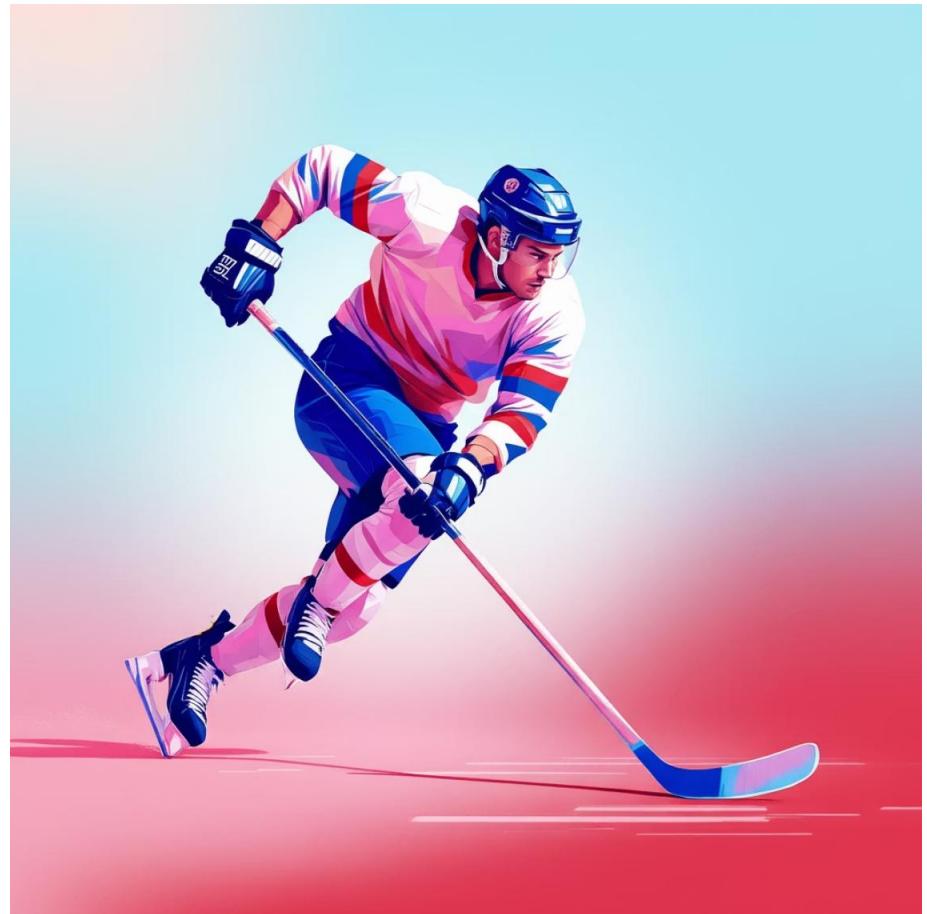
## Rink Vision

Elite players see the whole 200 feet. They anticipate plays before they develop.

### The 20-20-20 Reset

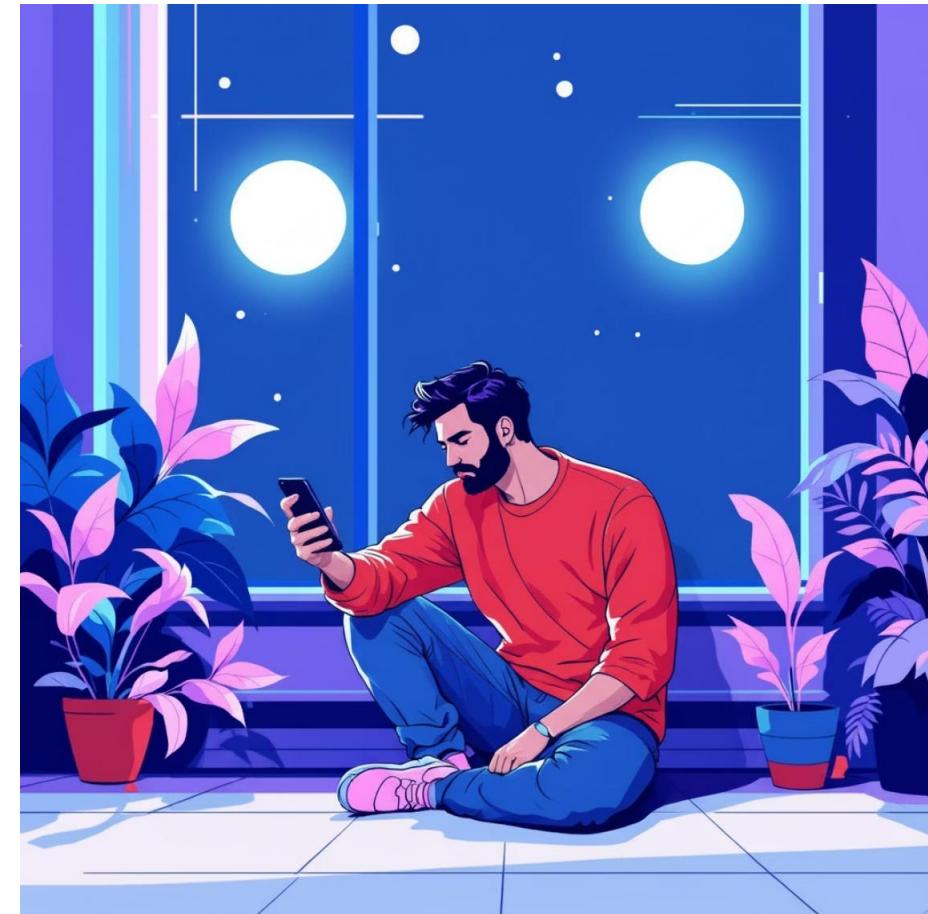
Every 20 minutes on your phone, look 20 feet away for 20 seconds and blink 20 times. This simple habit "unlocks" your vision so you can see the whole ice during games.

## Tech Neck vs. Triple Extension: Don't Lose Your Stride



Athletic Posture

- Open chest and shoulders
- Strong core activation
- Powerful breathing
- Explosive first step
- Efficient energy transfer



Phone Posture

- Rounded shoulders
- Weak, inactive core
- Restricted breathing
- Slower reaction time
- Higher injury risk

The "Phone Slump"—head down, shoulders rounded—tightens your chest and weakens your core and back muscles. This posture ruins your skating mechanics. A rounded back makes your stride less explosive and puts you at higher risk for shoulder and hip injuries that can sideline you for weeks.



### The Power Position

Your body on the ice should be the opposite of your phone posture: chest up, shoulders back, core engaged.



### Eye-Level Scrolling

If you must use your phone, bring it to eye level. Never look down into your lap. Protect your posture, protect your game.

# Sleep is Your Legal Performance Enhancer

Blue light from screens tells your brain it's daytime, blocking melatonin—your natural sleep hormone. Without deep sleep, your body can't refill its fuel tanks with glycogen. You'll feel heavy-legged and slow during your next shift.

8-10

Hours Pro Players Sleep

Elite hockey players prioritize recovery. Sleep is when your body repairs muscle, consolidates skills, and prepares for peak performance.

60

Minutes Before Bed

The Digital Sunset rule: No screens 60 minutes before sleep. Charge your phone in another room to avoid midnight scrolling.

3rd

Period Energy

Quality sleep means you'll dominate in the final period when other players are fading. This is your competitive advantage.

## Small Changes, Big Gains: Your Challenge

Bad Habit	The Upgrade	Your Reward
Pre-game Scrolling	Pre-game Visualization	Faster Decision Making
"Phone Slump"	Eye-Level Use	More Power in Your Stride
Late Night TikTok	9 Hours of Sleep	3rd Period Energy
Staring at Screen	20-20-20 Rule	Better Peripheral Vision

Your Challenge: Try the "No Phones in the Locker Room" rule for one week. Watch your reaction time, focus, and team chemistry skyrocket. Small sacrifices off the ice lead to massive gains on the ice.

# Summary of Research & Scientific Sources

Performance Area	Key Research Finding	Primary Source / Study
Mental Fatigue	Just 30-40 minutes of social media use induces mental fatigue, significantly reducing passing accuracy and decision-making speed in team sports.	<a href="#">Fortes et al. (2021) / Frontiers in Psychology</a>
Hockey IQ	Excessive smartphone use (the "Brain Drain" hypothesis) leads to a deficit in "Game Intelligence," making it harder for players to process coaching instructions and read the ice.	<a href="#">Larissa Mills / The Mental Game Academy</a>
Vision & Field	Smartphone use artificially constricts peripheral awareness, creating "Tunnel Vision" and reducing the speed of saccadic eye movements (tracking the puck).	<a href="#">Maples et al. / ResearchGate</a>
Physical Posture	"Tech Neck" (forward head posture) weakens the core and tightens the chest, which alters skating mechanics and increases the risk of muscle strains.	<a href="#">St. Louis Children's Hospital (2024)</a>
Sleep & Recovery	Blue light suppresses melatonin, delaying sleep onset and reducing the quality of deep sleep needed for muscle glycogen replenishment.	<a href="#">Sleep Health &amp; Melatonin Research (2023/2025)</a>
Reaction Time	Late-night phone use is directly correlated with slower reaction times in afternoon training sessions for elite athletes.	<a href="#">Lets Play Hockey Research Review</a>