

SLEEP & PERFORMANCE

*Likelihood for injury is **1.7x higher** for athletes who sleep less than 8 hours per night... Meaning, getting less than 8 hours increases likelihood of injury by **170%**...*

-Journal of Pediatrics-

Checklist for athletes to enhance sleep

1. Avoid use of computer, phone, or TV before sleep.
2. Keep a cool (~64°F), quiet, and dark room.
3. Avoid consuming big meals and caffeine at night
4. Set a regular and consistent bedtime, and wak time each day.
5. Take naps (~30min) to recover sleep debt.

Today's elite athletes have come to realize that proper nutrition, and strength and conditioning are essential when working towards optimal performance in an ever so increasing competitive sport environment. Nonetheless, sleep quantity AND quality, while often overlooked, plays an equally vital role in sport performance. Research over the years has shown that it's clear that the quality and quantity of sleep obtained by elite athletes can be a determining factor between winning and losing a game, and affecting risk of injury.

Sleep scientist studying sport performance have focused on a number of areas where sleep has its greatest impact:

1. Slowed Reaction Time

Pulling a single "all-nighter" has been shown to negatively impact reaction time by 3 times its normal rate.

2. Injury Rates

One study found that for 160 middle/high school athletes, hours slept was the strongest predictor of injures, even more than the hours of practice.

3. Better Accuracy

Research at Stanford found that throughout a sleep-extension period (sleeping ~10 hours/night) for 7 weeks can improve accuracy by 9-9.2%.

4. Mental Errors

Without sleep, it's very difficult for the brain to consolidate memory and absorb new knowledge. This leads to negative effects on decision-making, and risk taking.



