Maximum sleep power enhances recovery and improves performance:
- Quantity is impaired by light, activity, nicotine, caffeine, late sleep, irregular sleep, eating or drinking, insomnia
- Quality is impaired by heat, pain, noise, light, alcohol, snoring, sleep apnea, restlessness
- Variability is impaired by jet lag, travel, alcohol, irregular wake, awakenings

Bedtime Blues:
The most common sleeping disorders for athletes are insomnia and Circadian Rhythm Disorder, which impact sleep quality and quantity:
- Insomnia: difficulty falling asleep or staying asleep. Side effects: extreme fatigue, low energy, difficulty concentrating, mood disturbances, and decreased performance in sports or school.
- Sleep-Wake Cycle (CRD): sleep-wake cycle is out of sync changing your body’s natural sleep rhythm making it hard to keep up with the demands of your daily life.

The More the Merrier:
Metabolic demands are much higher for athletes meaning they need more sleep to successfully recover and compete.
- Doctors recommend 8-10 hours of sleep per night for collegiate athletes.
- NCAA Student-Athletes reported sleeping an average of 6 hours and 16 minutes on a typical in-season weeknight.

Benefit Your Body:
The benefits of accumulating regular, good and restful sleep include:
- Faster Recovery
- Improved Strength/Power
- Sustained High Athletic Performance
- Better Concentration
- Fewer Injuries

Hoo Knew?
Athletes with irregular sleeping patterns perform worse in athletic competitions and are more prone to injury during the season.

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6NCAA 2015 GOALS Study of 21,233 student-athletes