



STUDENT-ATHLETE WELLBEING

Sleep: “The Unsung Hero”

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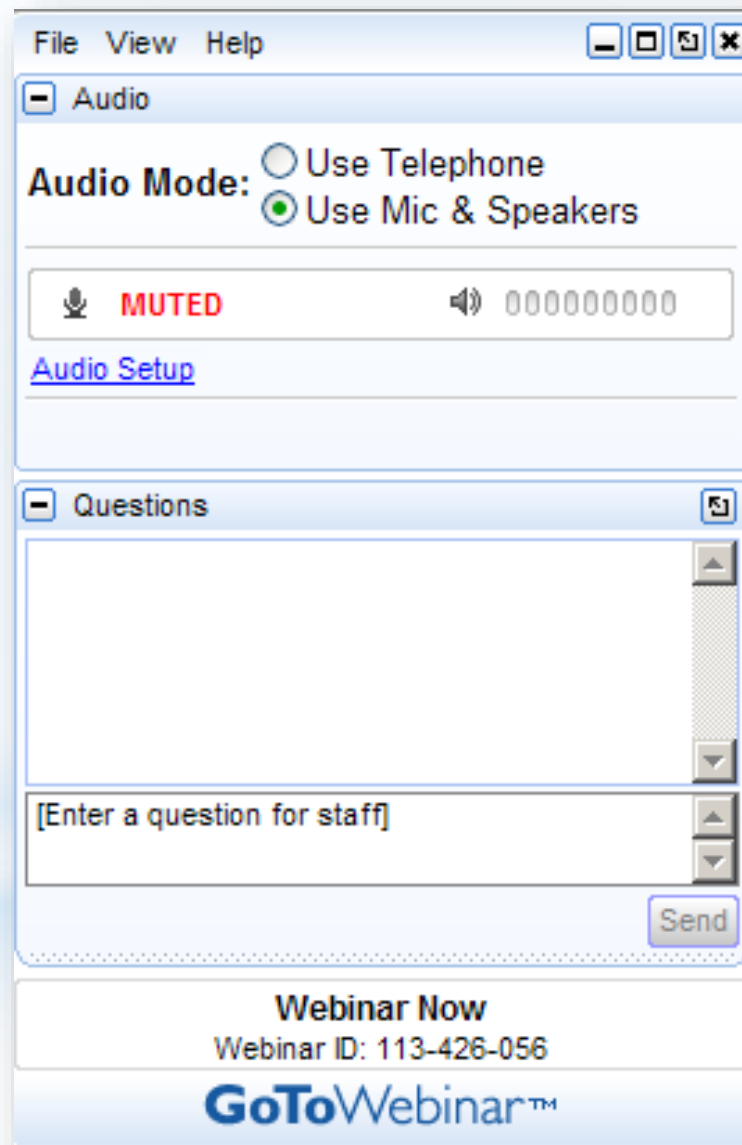
University of North Carolina Greensboro
Institute to Promote Athlete Health and Wellness

Washington State University Athletics
Student-Athlete Wellbeing

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Coordinator of Student-Athlete Wellbeing
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Important Webinar Feature



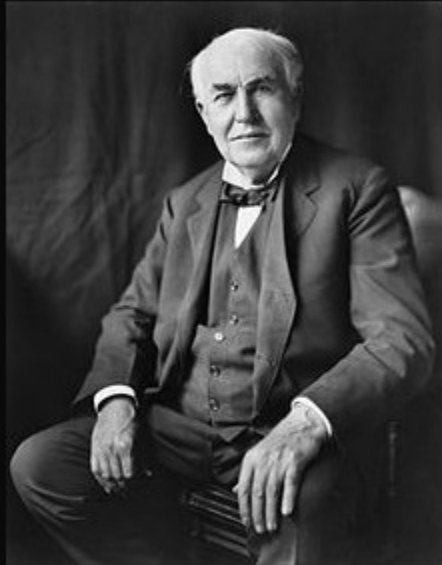


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Napoleon on Sleep

“6 Hours for a man,
7 Hours for a woman
and 8 hours for a fool”





I owe my success to the fact that I never had a clock in my workroom. Seventy-five of us worked twenty hours every day and slept only four hours — and thrived on it.

(Thomas Edison)



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"You must sleep sometime between lunch and dinner, and no half-way measures. Take off all your clothes and get into bed. That's what I always do."

Sir Winston Churchill



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Why do we sleep?

Actually no one is completely sure!

3 Theories:

- Restoration
- Energy Conservation
- Memory and Learning Consolidation



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Lack of Sleep

- Depressed Mood
- Increased Stress
- Irritability
- Impulsivity
- Over eating (carbs & sugars)
- Cognitive functioning
- Memory
- Learning
- Daytime sleepiness
- Reduced reaction time



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Stanford University Sleep Study

- 11 Men's Basketball Athletes
- 5-7 weeks of 10 hours of nocturnal sleep or nap
- Increase free throws 9%
- Increase three point shooting 9%
- 282 ft. sprint time decreased by almost a second
- Chronic sleep debt may take weeks to reverse
- Importance of circadian rhythms
- Replicated with other sports

The Effects of Sleep Extension on the Athletic Performance of Collegiate Basketball Players

Cheri D. Mah, MS, Kenneth E. Mah, MD, MS, Eric J. Kezirian, MD, MPH, and William C. Dement, MD, PhD (2011)



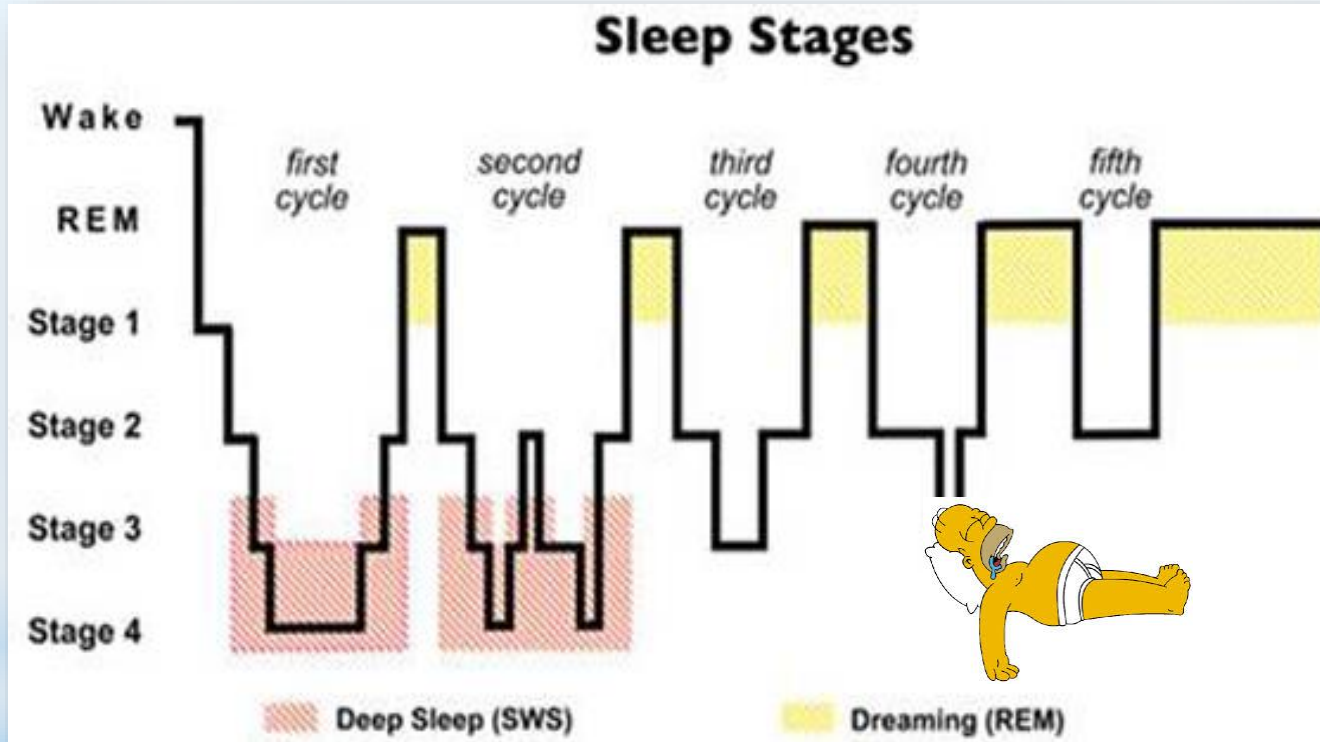
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Implications for Travel

NFL west coast teams traveling east win more games than east coast teams traveling west.

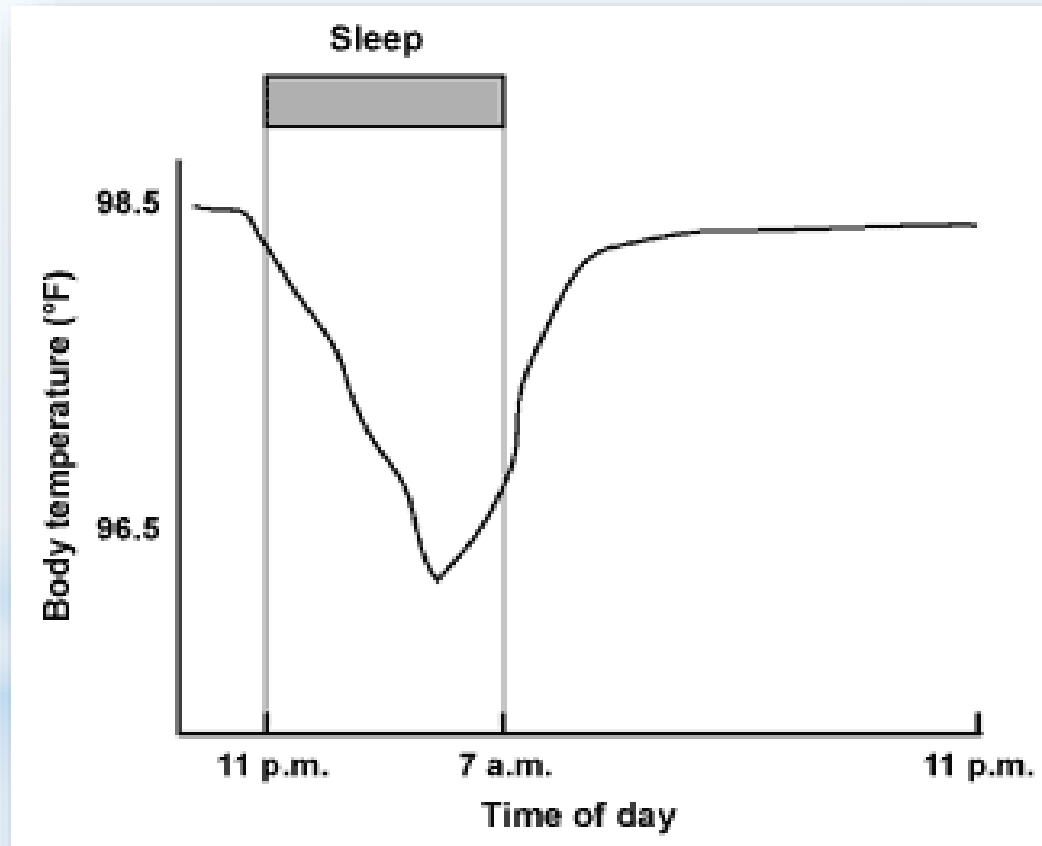
West coast teams' circadian rhythms have not adjusted to the time change and therefore a night game feels like an afternoon game, which has been suggested to be a more optimal time for peak athletic performance.

Circadian rhythms and enhanced athletic performance in the National Football League.
Smith RS, Guilleminault C, Efron B
Sleep. 1997 May; 20(5):362-5.



Approximately 90-110 Minutes to cycle through all 5 stages
Stage 4 Delta Wave Sleep = HGH production

Body Temperature During Sleep





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Sleep Hygiene

- Establish and maintain a regular bedtime and a regular waking time
- Use your bed for sleep and sex only
- Make your bedroom your sanctuary
- Keep your bedroom clean, cool, dark and quiet
- White noise apps or music or small fan
- Thermoregulation
- Develop a night time routine. Wind down.
- Blue Light
- Do not eat a full meal before bedtime



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Sleep Hygiene

- Alcohol negatively affects your sleep
- If you are taking medication, ask your doctor how it **may** affect your sleep
- Don't lie awake in bed for long periods of time
- Don't drink caffeine-containing beverages (coffee, tea, soft drinks) after 4pm
- Exercise during the day—but not in the evening (competitions)
- Don't take long naps during the day or evening



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Sleep Aids: Proceed with Caution

- Melatonin
- Anti-psychotics
- Anti-depressants
- Ambien

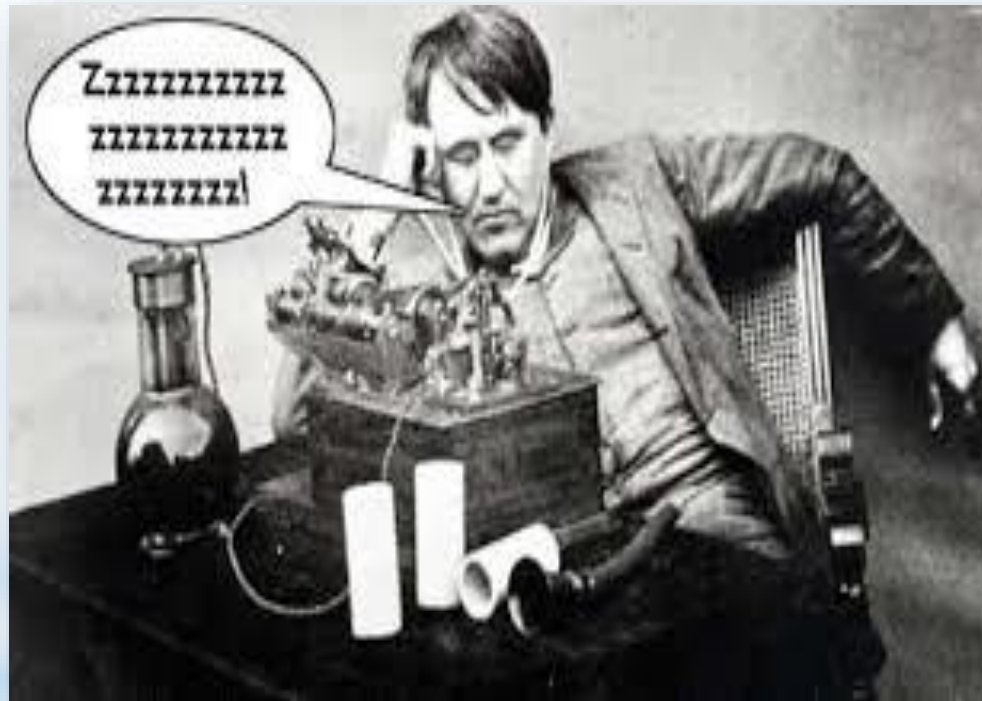


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Non-Pharmaceutical Approaches

- Sleep Hygiene
- Relaxation Techniques
- Biofeedback
- Cognitive- Behavioral Therapy
- Aromatherapy -- Lavender
- Dawn Simulator/Light Box

Thank you!



Questions?