

## **Sleep Deprivation in University Student-Athletes**

1  
2 Do college student-athletes get the sleep that they need? Sleep is a vital necessity and  
3 many people overlook the importance of sleep. Sleep is essential for a person's overall health in  
4 which sleep helps repair your body, reduce stress, improve memory and keep you healthy. For  
5 athletes in training the amount of sleep appears to have a large impact on sports performance.  
6 Not only does sleep increase your performance on the field and in the classroom, but it also  
7 decreases chance of injuries. According to a study by the American Academy of Pediatrics  
8 National Conference, student athletes who sleep eight hours per night are 68% less likely to be  
9 injured. Various articles have proven that student-athletes benefit from getting the appropriate  
10 amount of sleep. "Just as athletes need more calories than most people when they're in training,  
11 they need more sleep, too," Geier, an exercise psychologist from WebMD.

12 Many college students are at a high risk for not getting enough sleep at night. Student-  
13 athletes can easily fail to get regular, consistent hours of sleep. According to sports medicine  
14 expert, Elizabeth Quinn, this lack of sleep appears to have a negative effect on sports  
15 performance as well as cognitive function, mood, and reaction time. Lack of sleep can literally  
16 affect every aspect of life. It hinders you from thinking clearly and will impair your ability to  
17 handle stress. Sleep deprivation can have many short term and long term effects including  
18 decreased performance and alertness, memory loss, mood disorders, high blood pressure, weight  
19 gain, and even diabetes (Grantham, 2014). Much of this can be avoided by making regular sleep  
20 as much a priority for athletes as practicing their sport and eating right. Sleep experts recommend  
21 seven to nine hours of daily sleep for adults and athletes in training sleep an hour extra. The

1 following research demonstrates the average amount of hours student-athletes get at the  
2 University.

3         After surveying a total of 30 student-athletes at the University, the results showed that the  
4 average number of hours of sleep that student athletes get per night is 7 hours. The most frequent  
5 amount of hours of sleep student-athletes get per night is also 7 hours as well as the person in the  
6 middle of the distribution answering that they received 7 hours of sleep per night. This data  
7 displayed a normal distribution curve. The minimum hours of sleep student athletes reported is  
8 six with the maximum hours of sleep is at nine hours. Compared to the number of hours of sleep  
9 a person needs to get a night, student-athletes are, in fact, getting the right amount of sleep.  
10 However, there are some limitations of this study. One limitation is that we can't generalize to  
11 the larger population because the sample is not a probability sample. Another limitation is that  
12 the sample is not large enough. According to the central theorem, the sample must be at least  
13 equal to one hundred in order to generalize to the larger population.

14         In order for athletes to be effective and perform efficiently, I feel that a portion of student  
15 orientation should be geared towards a discussion on sleep deprivation and why sleep is vital not  
16 only for one's health but also for college success. Other suggestions I come up with is inviting  
17 guest speakers that specialize in the study of sleep deprivation and student-athlete success and  
18 offering classes that teach time management skills. I do realize that these changes are only small  
19 steps in helping those students that need it, but it is a very good start. Student-athletes struggling  
20 need to personally make some changes on their own by taking action and prioritizing their life.  
21 This would greatly increase their college success and reduce sleep deprivation. These small  
22 changes could make a difference.

1

**Statistics**

Number of hours of sleep that  
student-athletes get on average  
per night

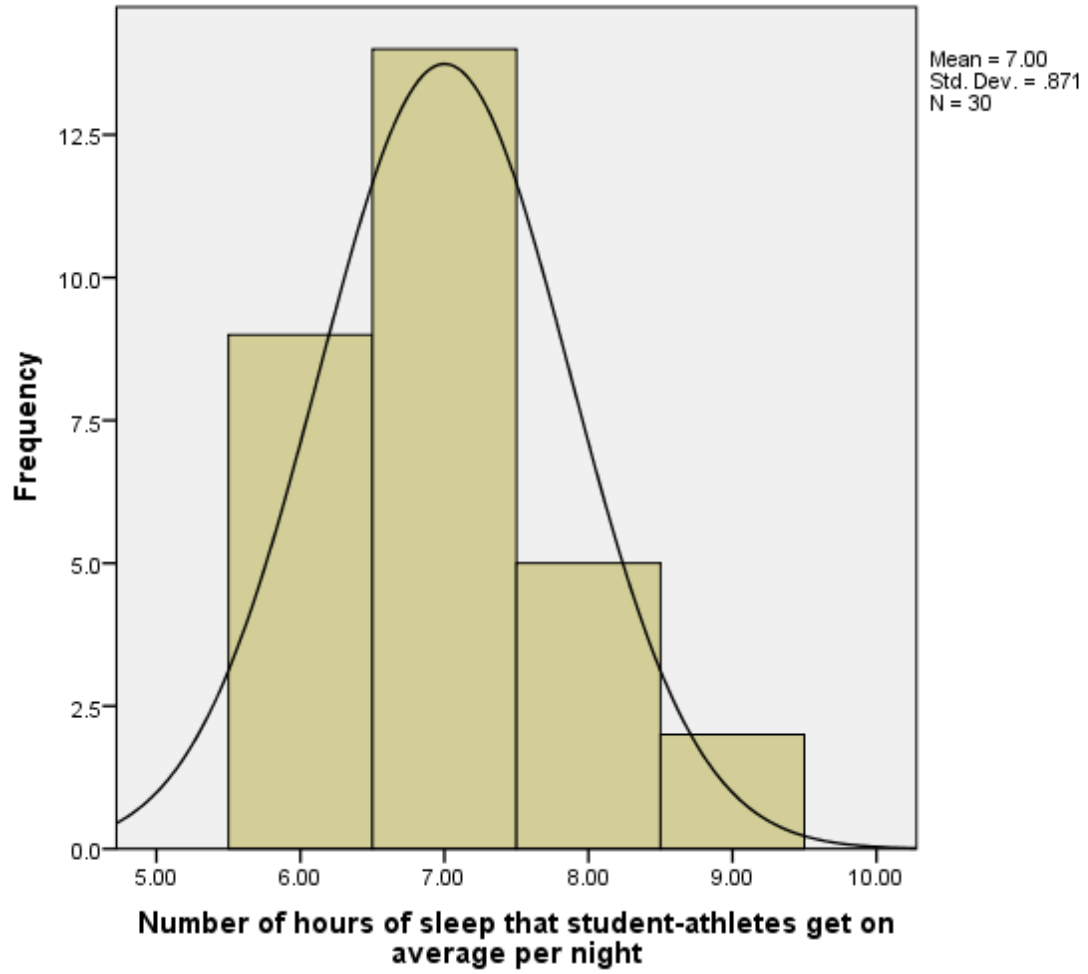
|                |         |        |
|----------------|---------|--------|
| N              | Valid   | 30     |
|                | Missing | 0      |
| Mean           |         | 7.0000 |
| Median         |         | 7.0000 |
| Mode           |         | 7.00   |
| Std. Deviation |         | .87099 |
| Minimum        |         | 6.00   |
| Maximum        |         | 9.00   |

2

**Number of hours of sleep that student-athletes get on average per night**

|            | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|------------|-----------|---------|---------------|-----------------------|
| 6.00       | 9         | 30.0    | 30.0          | 30.0                  |
| 7.00       | 14        | 46.7    | 46.7          | 76.7                  |
| Valid 8.00 | 5         | 16.7    | 16.7          | 93.3                  |
| 9.00       | 2         | 6.7     | 6.7           | 100.0                 |
| Total      | 30        | 100.0   | 100.0         |                       |

3



**Works Cited**

- 1  
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3 Performance?" *WebMD*. WebMD, 13 Aug. 2014. Web. 04 Dec. 2014.
- 4 Grantham, Nick. "Sports Sleeping: Lack of Can Effect Performance." *Sports Performance*  
5 *Bulletin*. Strength Conditioning Journal, n.d. Web. 04 Dec. 2014.
- 6 Quinn, Elizabeth. "Do Athletes Really Need Extra Sleep?" *About*. About.com, 23 May 2014.  
7 Web. 04 Dec. 2014
- 8 "Student-Athletes Encouraged to Get Enough Sleep ...But Required Naps?" *NCSA Athletic*  
9 *Recruiting Blog*. N.p., n.d. Web. 04 Dec. 2014.



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