



GSSI ORIGINAL RESEARCH

# DISCREPANCIES BETWEEN SELF-REPORTED CURRENT AND IDEAL SLEEP BEHAVIORS OF ADOLESCENT ATHLETES

FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE: [Link to Full Text](#)



## DECREASED SLEEP

may impact mood & performance, & increase risk of injury<sup>1,2,3,4</sup>

## INCREASED SLEEP

can improve sport-specific performance<sup>5,6</sup>

Adolescents should get **8-10 Hours** of sleep per night<sup>7,8</sup>

In our study, average sleep duration was **7:45 ± 1:06 H:Min**

## Do adolescent athletes WANT to sleep more?

**196**  
COMPETITIVE  
ATHLETES

**40** FEMALE  
**156** MALE

**15.7 ± 1.3**  
YEARS OLD



**7** DIFFERENT TEAM & INDIVIDUAL SPORTS REPRESENTED

Almost

**50%**

of adolescent athletes studied did not meet the minimum sleep recommendation (8-10 h), but reported almost

**10 HOURS**

as ideal.

Athletes completed the **Pittsburg Sleep Quality Index** & a survey on usual sleep habits



**Actual bed time > Ideal bed time**

**+0:44 ± 0:05 H:MIN**

**Actual wake time < Ideal wake time**

**+0:50 ± 0:08 H:MIN**

**Actual duration < Ideal duration**

**+2:11 ± 1:27 H:MIN**



**Future Research** should focus on the cause of this discrepancy in an attempt to set forth relevant and realistic interventions **to increase sleep duration in this population.**

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