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SPORTS MEDICINE DIGEST

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TIME CHANGE AND SLEEP

As Daylight Savings Time ends, it is critical for student-athletes and all individuals to have a thorough understanding of the importance of proper sleep. Sleep has many physiological and cognitive functions that may be important to individuals. Human performances are highly dependent on the sleep-wake rhythm, and sleep deprivation can have significant effects on performance. Performance may be dependent on both quality and quantity of sleep. The two main phases of the sleep cycle include slow wave sleep and rapid eye movement (REM) sleep. Slow wave sleep allows for the reduction of brain activity and allows for the release of growth hormone at the beginning of the night. Rapid eye movement (REM) sleep allows for total relaxation, which allows for memory consolidation and dreaming to occur. It is critical for individuals to cycle through both phases of sleep throughout a night. Individuals may encounter many obstacles to normal sleeping patterns including travel, irregular schedules, foreign environments, and high levels of anxiety. Detrimental effects of sleep deprivation may affect cognition; pain perception and recovery; immunity and inflammation; and metabolism/endocrine functions. Proper sleep is important for consolidation of memory, preparation for new ideas, and proper recovery to prepare individuals for next cycle of wakefulness. Depending on age, **most individuals should aim for 7-9 hours of sleep per night to function properly.** Individuals should adhere to the recommendations to the right to improve the quantity and quality of sleep they receive.

SLEEP DURATION RECOMMENDATIONS

Type	Age	Hours Recommended
Newborn	0-3 months	14-17
Infant	4-11 months	12-15
Toddler	1-2 years	11-14
Pre-School	3-5 years	10-13
School Age	6-13 years	9-11
Teen	14-17 years	8-10
Young Adult	18-25 years	7-9
Adult	26-64 years	7-9
Older Adult	65+ years	7-9

Reference: National Sleep Foundation

TIPS TO ENHANCE SLEEP

- Create a quiet, dark, cool (65-68° F) location
- Standardize bedtime routine or daily shut down ritual
- Establish regular sleep schedule
- Avoid caffeine intake 4-5 hours prior to sleep
- Minimize alcohol intake
- Eliminate the use of electronics prior to sleep
- Allow for spontaneous awakening
- Avoid heavy meals 1 hour prior to bedtime
- Decrease fluid intake 1-2 hours prior to bedtime
- Augment sleep with a mid-day nap not to exceed 20 mins

IN THE NEWS

NATA releases statement on Sports Specialization Recommendations

Youth sports specialization is a hot topic. The National Athletic Trainers' Association (NATA) has released an official statement with health-focused recommendations to reduce the risk of injury due to youth sports specialization. Click link for infographic. [\(more info\)](#)

PREPARING FOR THE NEXT DAY

Hours per week	Hours per night	Level of Preparedness
61-66 Hours	9 Hours	Elite
55-60 Hours	8 Hours	Great
49-54 Hours	7 Hours	Good
44-48 Hours	6.5 Hours	Not Enough
38-43 Hours	6 Hours	Bad
32-37 Hours	5 Hours	Awful

DID YOU KNOW?

Researchers found significant improvements after sleep extension for 5-7 weeks in collegiate basketball players. The results of this study demonstrated:

- Decreased sprint time from 16.2 to 15.5 sec over 282 ft
- 9 % improvement in free throw shooting accuracy
- 9.2 % improvement in 3-point shooting accuracy
- Demonstrated similar results in collegiate swimmers.



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