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- Learning and memory: During sleep, the mind will filter, sort, evaluate, consolidate and integrate information taken in during the day.
- Decision-making: Sleep loss impairs the ability to make decisions and clouds one's judgement so they don't know they're making impaired decisions.
- Vigilance and alertness: When sleep deprived, a person's ability to focus and maintain attention is hindered. As with decision-making, a sleep deprived person is typically unaware of their own impairment.



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- Healing and recovery: Cells grow, repair and rebuild during sleep, making it essential to athletic performance and injury prevention.
- Metabolism: Sleep controls insulin and glucose functioning, secretion of metabolic hormones and the way fat and muscle cells use and store energy.
- Muscle growth: The healing that takes place during sleep is essential to muscle growth. The human growth hormone is also controlled. One-third of college athletes get less than 7 hours of sleep per night. This rate is higher among female athletes.

Sleep deprivation among college-aged student athletes is attributed to: frequent travel for competitions; uncomfortable sleeping arrangements; stress; the challenge of balancing

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