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Effects of regular sport on sleeping

Azim Charoosae and Pavaneh Charoosae
Islamic Azad University, Iran

Sleep is essential for athletes both for preparing for, recovering from training and competition. Sleep disturbances in elite athletes can occur both during training and following competition. While there is considerable data available related to the amount of sleep obtained by adults in the general population, there are few published data related to the amount of sleep obtained by elite athletes. For a good night's rest, you need a good sleep system. Full disclosure: I helped found a company that sells sleep systems. You spend one-third of your life in bed, so it's worth it to get the right system. Disruption of sleep-be it tossing and turning or actually waking up-throws off your sleep patterns and deprives you of the true benefits of sleep. Many people wake up and toss and turn because they sleep on an uncomfortable surface that cuts off circulation to their muscles during the night. This appears to be a considerable oversight given that sleep has been recognized as an essential component of preparation for, and recovery from high-intensity training. Another study showed that even one night of extended sleep improved mood and vigilance. In High Performance sport, evidence has to be anecdotal as it would be a brave player or coach who would volunteer themselves or a team to suffer sleep deprivation as part of a study. Sub-maximal, prolonged exercise appears to be more affected by sleep deprivation than short, maximal efforts. Sleep extension and napping can be effective means of enhancing performance in athletes. Athletes should focus on utilizing good sleep hygiene to improve sleep and potentially athletic performance. Through this paper as a result of an annual research, we will conclude and recognize the meaningful relationship between regular sleep and sport.

Biography

Azim Charoosae is a Faculty Member in Physical Education in Iran, Islamic Azad University, Khouzestan Province, Shoushtar city, Iran. He taught for more than 20 years at the universities and schools about sport.

Acharoosae@gmail.com

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