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The Relationship Between Sleep and Perception of Performance in College Athletes

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Sleep is a natural recurring process that is crucial for healthy lifestyle. Among college athletes, however, sleep deprivation is a common occurrence possibly affecting cognitive function and physical performance. **PURPOSE:** To examine the relationship between sleep behaviors (e.g. sleep quality and duration) in collegiate athletes and mental and physical perceived performance. **METHODS:** Ninety-four NCAA collegiate athletes (30 male, 64 female), between the ages of 18-24 years (mean age = 20 years), were enrolled to participate in the study. At the time of enrollment, participants varied in sports and in time of season (e.g. in-season and off-season). Each participant completed the following questionnaires: Pittsburgh Sleep Quality Index (PSQI), Functional Outcomes of Sleep Questionnaire (FOSQ), and Positive and Negative affect Schedule (PANAS). The answer choices of these questionnaires were converted to rating scale system using the Qualtrics^{XM}. Pearson moment product correlation was used to examine the relationships between different measures of sleep behaviors and their mood state, perceptions of cognitive function and physical performance. **RESULTS:** Majority of the study participants reported to sleep between 5-7 hours each night (5.86 ± 0.9) and rarely felt worried in bed (2.53 ± 0.8). Quality of sleep has found to be significantly correlated with the performance confidence ($r=0.41$, $p<0.05$). Further, a weak but a significant positive relationship was shown between quality of sleep and perception of concentration ($r=0.26$, $p<0.05$). Likewise, there was a significant positive relationship between hours of sleep and alertness ($r=0.33$, $p<0.05$). However, no significant relationship was found between hours of sleep and performance confidence ($r = -0.01$; $p>0.05$) or concentration ($r=0.13$; $p>0.05$). **CONCLUSION:** Quality of sleep is important for both physical and mental perceived performance in athletes, although hours of sleep showed weak correlation with perceived performances.