

Introduction

- Over the past two years the NCAA has mandated that sleep be a variable talked about more by coaches and personnel.
- A constant battle for student-athletes is to balance the intake of caffeine and getting enough sleep.
- Our study investigated the use of a paper sleep log to record data for two weeks at a time.

Results

- Sleep time for Division III college athletes was 8.27 ± 1.42 hours
- Caffeine use after 6:00 pm was reported 18 of 377 nights
- Table 1 presents more sleep results

Discussion

- We feel that caffeine use on only 4.77% of the nights might be low.
- The coaches, athletic training staff and strength and conditioning coaches have emphasized the used of caffeine only early in the day.
- It appears to be working

Methods

- Twenty-six college aged participants were recruited. All were healthy and completed a pre-participation screening.
- The Central College IRB approved of this study.
- Subjects recorded their sleep values daily on a paper sleep log.
- Questions included:
 - Time to bed
 - Time awake
 - Total sleep time
 - Caffeine use
- Total nights reported were 377.
- Data was entered into a password protected Microsoft Excel file.
- All statistics were completed using Minitab 20 Statistical Software.

Table 1. Sleep Results

Variable	Time or Likert Score	Standard Deviation or %
Sleep Time	8.27 hours	1.42 Hours
Caffeine after 6:00 pm	18/377	4.77%

Practical Application

- The messages from the coaching, athletic training staff and strength and conditioning coaches seems to be working.

Future Work

- Additional research with a student-athletes to determine sleep habits would be beneficial.