

Using a Cell Phone Based Sleep Log to Record Sleep in Collegiate Athletes

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Introduction

- This past year the athletic department has focused on sleep as a tool for student-athletes to perform better.
- A cell phone texting device was developed for student-athletes to record their sleep.
- The purpose of the study was to see what kind of sleep student-athletes were getting.

Results

- Average sleep time among 1230 nights and 61 subjects was 7.61 ± 2.23 hours
- Sleep quality on a Likert scale of 1-5. With 1 bad and 5 best ever was 3.30 ± 0.79 .
- Resting heart rate was 62.45 ± 7.55 bpm.

Discussion

- Of the 61 student-athletes there were basketball, softball, and baseball players.
- The sleep average is lower in this study and may have been caused by the travel and multiple game scenarios in each sport.
- It is interesting that the Likert scale for sleep quality is above average quality at 3.30 ± 0.79 .

Methods

- Sixty-one student-athletes were recruited to participate in this study.
- Each subject completed an IRB approved informed consent.
- Subjects received daily texts to report their sleep length, sleep quality via a Likert scale and resting heart rate upon waking up each morning.
- With 61 subjects there were a total of 1230 nights of sleep recorded
- All data was transferred from a Survey Monkey file to a password protected Microsoft Office Excel file.
- Statistics were completed using Minitab 20 Statistical Software.

Table 1: Sleep Study Results

Variable	Average	Standard Deviation
Sleep Time	7.61 hours	2.23 hours
Sleep Quality Likert Scale 1-5	3.30	0.79
Resting Heart Rate	62.45 bpm	7.55 bpm

Acknowledgements

- We would like to thank all our participants for taking the time to participate in our study.