



2019 ESSA INNOVATION & PRACTICE FORUM

4 - 5 MAY 2019. MELBOURNE, VIC

208

Sleep & Recovery: Challenges & Practical Solutions

Dr Michele Lastella

Appleton Institute for Behavioural Science, CQUniversity

Sleep is an essential component for athlete recovery due to its physiological and psychological restorative effects. For elite athletes, the frequent exposure to high intensity training and competition increases their need for recovery and overall requirement for sleep. Studies have shown that sleep loss negatively affects several factors associated with achieving optimal performance including psychological state, metabolic and immune function, cognitive performance and injury. This is concerning, as data indicates that athletes obtain well below the recommended target of 8 hours per night with athletes from individual sports obtaining the least amount of sleep. This presentation will discuss sleep as the neglected pillar of health, well-being and performance. It will examine the factors that influence sleep including technology, chronotype, pre-competition anxiety, training, and competition schedules. It will explore the current methodologies for assessing sleep and discuss the challenges of monitoring sleep in elite athletes.