

MASTERING YOUR SLEEP



EFFECTS OF SLEEP EXTENSION ON PERFORMANCE ⁽¹⁻⁴⁾

Additional hours of sleep beyond the recommended 7-8 hours per night.



SPRINT SPEED
FASTER ↑
0.7 SECONDS



REACTION TIME
FASTER ↑
4.38 MILLISECONDS



MAX STRENGTH
FORCE ↑
17 POUNDS



3 PT SHOOTING
ACCURACY ↑
13.7%

EFFECTS OF SLEEP LOSS ON PERFORMANCE ⁽⁵⁾

Sleeping less than the recommended 7-8 hours per night

6.3% ↓

ANAEROBIC POWER

6.2% ↓

HIGH INTENSITY INTERVALS

2.8% ↓

STRENGTH

5.5% ↓

ENDURANCE

8.8% ↓

STRENGTH-ENDURANCE

20.9% ↓

SKILL

EFFECTS OF SLEEP ON SPORT PERFORMANCE

Passing Accuracy **↓4%** ⁽⁸⁾
Juggling **↓2.8%**,
Trapping/ball Control **↓4%**
With sleep loss



Putting Accuracy **↓0.7 in** ⁽⁷⁾
with sleep loss



Cognitive Response Time Improved **↑13%**,
Daytime Sleepiness **↓38.6%**
with extra sleep

