



Sleep and its Correlational Effect on High School Athletes' Performances

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Abstract

Objective: Research sleep in high school athletes

Methods:

The main method of data collection will be a

self-administered survey

Results: The results create a clear link between high school sleep and soccer performance. The players who slept 7 or more hours performed better, recovered faster, and were less tired after games. The players who slept 6 or fewer hours were sore and tired after their games and had worsened

Objectives

- The aim of this study is to examine the influence that sleep hours have on the athletic performance of soccer players in high school.

Limitations

- Self-Report Bias: Since the data is self-reported, the players might not remember their sleeping patterns accurately or might overestimate their performance.

Conclusions

- This project will research the relationship between the hours of sleep and the performance of soccer players at the high school level. By gathering information through questionnaires, the project aims to illustrate whether players who get more sleep perform better on the field.

Implications

- Only soccer players.

Analysis

- One of the reasons for this is that sleep is the natural recovery time of the body. When the body is in deep sleep, it rebuilds muscle, replenishes energy, and boosts the immune system. Without sufficient sleep, muscles do not recover fully, making it more difficult for athletes to recover and heightening the risk of injury. Sleep also accounts for mental alertness.

Conclusion

- The research highly supports the hypothesis that greater sleep leads to better performance and faster recovery, while reduced sleep results in poor performance and longer recovery. High school soccer players wishing to improve should obtain a minimum of 8 hours of sleep every night, especially before games. The players also need to be educated by trainers and coaches about how sleep affects performance.