

Catching Some Z's:

Sleeping Your Way to Better Health & Performance

Select a square to view a topic.

Introduction ①	Normal Sleep Physiology ②	Sleep Epidemiology ③
Sleep Duration & Obesity ④	Sleep & Athletic Performance ⑤	Exercise & Sleep Quality ⑥
Final Quiz		


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Welcome

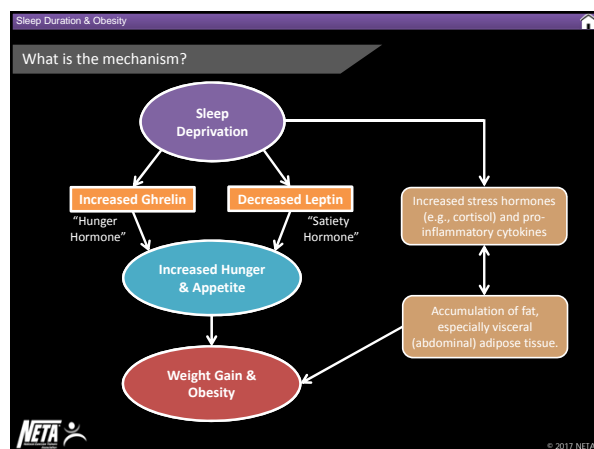
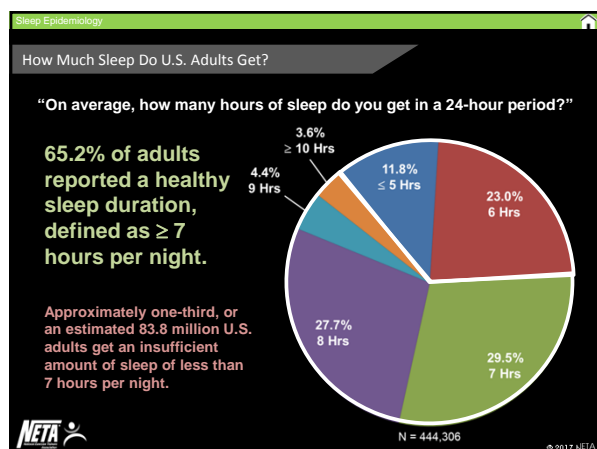
Welcome to NETA's e-learning course,
Catching Some Z's: Sleeping Your Way to Better Health and Performance

Upon successful completion of the quiz at the end of this e-learning module, you will earn six (6) NETA continuing education credits (CECs).

Please follow the instructions provided at the end of the quiz to obtain documentation of your CECs.



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Sleep & Athletic Performance


Sleep, Recovery, & Regeneration

Based on the greater physical, physiologic, and mental demands, it is safe to assume that the sleep requirements for an athlete are greater than their non-athlete counterpart. (Samuels & Alexander, 2013)

Attending to the importance of sleep will reduce the risk of overtraining or under-recovery, enhance resistance to illness, and improve recovery from injury. (Samuels & Alexander, 2013)

Since sleep loss impedes muscle protein synthesis, the ability of the muscle to adapt and repair can be hindered, which is likely to limit training adaptations and performance. (Fullagar et al., 2015)

Sleep also promotes the restoration of the immune and endocrine systems, recovery of the nervous system and the metabolic expenditure of the previous training day, and stimulating memory and learning potential for the subsequent training day. (Marshall & Turner, 2016)



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Exercise & Sleep Quality

Exercise and Sleep Apnea – Dobrosielski et al. (2015)

"Effects of exercise and weight loss in older adults with obstructive sleep apnea"

Results:

- The exercise and dietary intervention reduced AHI, increased total sleep time by 27 minutes, and improved sleep efficiency from 94.9% to 95.2%.
- Subjects also reduced body weight by 9%, total body fat by 10%, and waist circumference by 6%, and aerobic capacity by 10%. The change in body weight was not associated with severity.



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