The development of athletic expertise reflects the complex interaction of several factors, significant among which is the accumulation of highly effortful and concentrated practice (Baker & Young, 2014). The stressful nature of high quality training requires adequate recovery between training sessions in order to adapt to the previous session and to be prepared to maximize the benefits of subsequent sessions. Sleep is considered by elite athletes to be one of their most important recovery practices (Venter, 2014), and multiple studies show the detrimental effects of sleep loss on athletic performance (e.g. Fullagar et al., 2015). Sleep has been examined in various populations of elite athletes, although it is unknown how athletes of different skill levels use sleep for their recovery purposes. My study examines differences in quality and quantity of sleep among elite, pre-elite, and non-elite athletes. Participants include competitive athletes within Canada, of varying levels of skill, who have reached their peak level of competition. Sleep is measured via the completion of a one-week sleep diary, where athletes will record the onset, offset, and subjective quality of each night of sleep. Additionally, participants will record naps, training volume and intensity, and complete a survey to determine their sleep chronotype. Data will be compared between the different skill groups. We hypothesize that significant inter-group differences will be seen in the total amount and quality of sleep as well as in the distribution of sleep throughout the day.
References

