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Does Type of Sport Alter Sleep Quality?

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Dear Editor,

Sleep is one of the most accessible enhancer for both mental and physical functions. Well Total Sleep Time (TST) will improve cognitive functions such as decision making and learning. In the field of sport, athlete's performances in reaction times, accuracy and body strength will be negatively affected by sleep deprivation [1]. There are evidences that athletes compared with control, experience better sleep quality, shorter Sleep Onset Latency (SOL) and fewer Wake after Sleep Onset (WASO) [2]. But Researches in athlete sleep structures are sometimes paradoxical. By using wristwatch actigraphy as an objective measurement in 47 Olympic players, poorer sleep quality was shown compare with control group [3]. The reason for these differences in results can be methodology design of the studies. Most of the times the subjective studies which rely on self-reported data have different results from objective studies (Polysomnography (PSG) and actigraphic devices) [4]. Another reason may be the population type. Almost in the most of the studies, the population was selected from all fields of sports in different manners and there wasn't any design for that. Besides, conditions such as intense exercise and competition cause variation in athlete sleep structures [5]. From all these perspectives and not a suitable methodological in this area, we propose the research framework in which the nature of sport is considered and two or more eligible types of sport are studied in a specific research under stable athletes' condition. This effort can lead to classifying sports and their effect on sleep and in the end, the verified results may be useful to extract the training practices for implementing them in order to achieve rehabilitation measures on sleep disorders.

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