

Effects of Sleep Deprivation on Athletic Performance in Nigeria Colleges of Education Games

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Abstract : Sleep has been found to have many recuperative and restorative beneficial effects on athletic recovery. When a person is deprived of sleep this can have many effects on their immune and endocrine systems. Both of these systems are extremely important for the recovery process of any athlete and when we deprive ourselves of sleep, we are depriving ourselves of recovery. This study examined how sleep deprivation can hinder sport performance among selected athletes representing Adeyemi College of Education at Nigeria Colleges of Education Games (NICEGA) competitions at Minna. A total of 32 athletes were sampled for the study. They were exposed to two different activities. Each activity was performed before and after sleep deprivation, the activities were 100m dash, shuttle relay. The athletes were randomly assigned to two groups that are experimental and control groups. Pretest were conducted on both groups before apply treatment to the other group. A day before the activities to be performed the control group was denied of sleep between 10p.m to 5a.m for a period of 6 weeks. The analysis of the data showed that athletes performance in the two selected activities performed on equal basis before the sleep deprivation. After sleep deprivation the performance of experimental group was a little better than the control group that were denied of sleep. It was concluded that sleep allows the body to spend less energy resources on body processes needed while awake, it was concluded that sleep deprivation enables the body system work effectively. The body can expend needed energy, balance and adequate reaction time if it is allowed to have enough rest. Lack of adequate sleep results to dullness of the brain, nervousness and anxiety which all have negative effect on performance of activities by athletes. Based on the findings, it was recommended that extend nightly sleep for several week to reduce your sleep debt before competition. Maintain a low sleep debt by obtaining a sufficient amount of nightly sleep (seven to eight hours for adults, nine or more hours for teens and young adults). Keep a regular sleep-wake schedule, going to bed and waking up at the same times every day.

Keywords : activities, deprivation, performance, sleep

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