

Sleep quality and daytime sleepiness among university athletes: How to relate their sleeping behavior for sport performance

Faculty of Social Sciences
University of Kelaniya
Sri Lanka



A.A.D. Sandamali¹
B.A.D.W. Ashika²

Abstract

Sleep has been identified by elite athletes, coaches, and sports trainers as a critical component for training and competition. Despite anecdotal evidence suggesting that athletes are concerned about the impact that inadequate sleep can have upon performance. The researcher have a problem is have the relationship between sleeping behavior and sport performance. The objective of this study examined association sleepiness behavior and sport performance among university student. To achieve above objectives, the researcher build up three hypotheses. There are have or haven't a relationship between sport performance and sleep behavior, have or haven't a relationship between sleep quality and sport performance, have or haven't a relationship between daytime sleepiness and sport performance. This research is based on two dimension of sleeping behavior. There are sleep quality and daytime sleepiness. In this study, the researcher used simple random method for data collection and selected 100 students among the University of Kelaniya who are got the colors in colors ceremony in 2014. Data were analysis from SPSS 21.0 using correlation. According to the results of analysis there have significant relationship between sleeping behavior and sport performance.

Key words: Sleeping quality, Sleeping Behaviour

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1. *Department of Sport and Recreation Management , University of Kelaniya, Sri Lanka*
 2. *Lecturer, Department of Sport and Recreation Management, University of Kelaniya, Sri Lanka*