

## College Golfers Weigh Varying Performance due to Sleeping Habits

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### ABSTRACT

Poor sleep habits along with an athlete's high academic and athletic workload can cause sleep deprivation. Past research has shown sleep deprivation leads to a higher risk of injury and poor performance. The researcher aimed to investigate the nature of sleep and sleep deprivation specifically in college golfers.

**PURPOSE:** The purpose of this study was to examine sleep habits among college golf athletes and perceived effects on their academic and athletic performance. **METHODS:** The participants for the current study were seven female and four male collegiate athletes from a division one golf team. Each participant was given a modified version of the School Sleep Habits Survey (SSHS) containing 30 questions.

**RESULTS:** The most common sleeping habits among golf athletes were inconsistent sleeping environment, drinking caffeinated beverages during the day, watching TV before sleep, and working or studying in bed. The majority of participants stated that insufficient sleep had a significant effect on both their golf and academic performance. There was no difference in reported sleep deprivation, sleep duration, and time to fall asleep between genders. However, females showed a higher prevalence of daytime sleepiness and erratic sleep-wake behavior. **CONCLUSION:** This study concludes that poor sleep habits showed to impact both athletic and academic performance. Further studies a larger sample size should be conducted.