

Association of Sleep Hygiene With Athletic Performance in Peshawar & Hayatabad Sports Complexes, Peshawar

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Abstract

Sleep is a vital aspect of human life and a fundamental physiological need. Most people spend between 20% and 40% of their day sleeping, which has several stimulating effects on the body and the brain through various biological systems and processes. Sleep improves memory recall, regulates glucose metabolism, reduces mental fatigue, and is essential for immune-inflammatory response, synaptic balance, and tissue regeneration. To determine the association of sleep hygiene with athletic performance in the Peshawar Sports Complex. An observation study was conducted to assess the association of sleep hygiene with athletic performance in the Peshawar Sports Complex. The study lasted six months and the data was collected within one month. Data was collected by ASS and ASPS questionnaires. The sample size calculated for the research study was 197. A convenience sampling technique was used in this study. I apply the chi-square test to the two variables to find the association between them. The chi-square test results showed that both variable is associated with each other's. The study is significant because the p-value is less than 0.5. This present study's result demonstrates an association between sleep hygiene and athletic performance in sports complex in Peshawar. The result was statistically significant.

Keywords: Athlete Sleep Screening (ASSQ), Athlete's Subjective Performance (ASPS)

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