Adolescents should get 8-10 Hours of sleep per night\(^7,8\).

In our study, average sleep duration was 7:45 ± 1:06 H:Min.

Adolescents may not be getting enough sleep, which can impact mood and performance, and increase the risk of injury\(^1,2,3,4\). In our study, average sleep duration was 7:45 ± 1:06 H:Min. Adequate sleep can improve sport-specific performance\(^5,6\).

Almost 50% of adolescent athletes studied did not meet the minimum sleep recommendation (8-10 h), but reported almost 10 HOURS as ideal.

Athletes completed the Pittsburg Sleep Quality Index & a survey on usual sleep habits.

**Do adolescent athletes WANT to sleep more?**

<table>
<thead>
<tr>
<th>COMPETITIVE ATHLETES</th>
<th>FEMALE</th>
<th>MALE</th>
<th>YEARS OLD</th>
</tr>
</thead>
<tbody>
<tr>
<td>196</td>
<td>40</td>
<td>156</td>
<td>15.7 ± 1.3</td>
</tr>
</tbody>
</table>

**Future Research** should focus on the cause of this discrepancy in an attempt to set forth relevant and realistic interventions to increase sleep duration in this population.


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