O.73 Effects of acute sleep deprivation and caffeine on anaerobic performance.

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Introduction: A growing collection of evidence indicates that sleep plays a major role in the recovery and performance of athletes, yet many of the complex processes of sleep remain a mystery. Understanding the impact of sleep, disturbed sleep and sleep deprivation, promote a better appreciation of its effect on athletes. Methods: 11 male games players completed the testing protocol, which consisted of 3 testing sessions performed at least one week apart. In the sleep deprivation condition volunteers remained awake overnight and in the control condition the same subjects slept at home, retiring between 2230 and 2330 hours, as decided individually, and rising at 0700 hours. Two of the testing sessions were carried out following 24 hours of sleep deprivation, and one testing session following a normal night’s sleep. Each participant chose a pill that either contained caffeine or placebo one hour prior to physical performance. The anaerobic testing consisted of 20-metre sprint, vertical jump height, 10 x 5 metre shuttle sprint and the Illinois speed agility tests. Results: Pending. Discussion: There are many commercial products that claim to offset the impact of sleep deprivation on performance. This study has helped to show the effects of these products on anaerobic performance in athletes following acute sleep deprivation.