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## Sleep quality in wrestlers

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### Background

Wrestling, as many other Olympic sports, requires the development of numerous physical, technical and tactical components during preparation and training, followed by adequate rest and recovery, which also includes good quality sleep. There is ample data regarding recovery after rapid weight loss, but data on wrestlers' sleep patterns during the training process is lacking. With sleep being one of the most important parameters, the purpose of this study was to evaluate sleep quality in wrestlers and determine the differences between the sexes.

### Materials and methods

This cross-sectional study was conducted on Hungarian and Serbian wrestlers (n=23) who filled out the self-reported Pittsburgh Sleep Quality Index (PSQI). The PSQI assesses sleep onset latency, duration, efficiency, quality, disturbances, medication use, and daytime function in the past month. A score of >5 indicates poor sleep quality. The questionnaire was conducted using Google Sheets and SPSS 19 was used for statistical analyses.

### Results

Most respondents were male (n=15). Men declared they train an average of 8 hours per week, while

women train 14 hours per week. On average, both groups go to bed and get up at the same time. No statistical difference was seen between groups when comparing the Pittsburgh index. Both groups are near or exceed the threshold value (>5) for poor sleep quality.

### Conclusions

Based on the results, both groups demonstrate poor sleep quality according to the PSQI. These results may be beneficial for trainers and other professionals to better understand their athletes and to perhaps incorporate these evaluations into the monitoring process.