

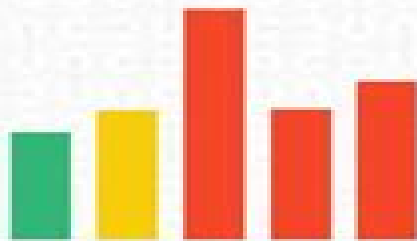
Sleep and Injury in Elite Soccer

A CASE STUDY

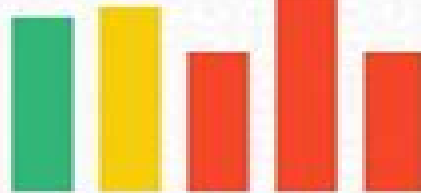
This case study investigated the link between sleep and injury occurrence in an elite male soccer player. During 4 months, a mixed method approach was used, combining actigraphic sleep assessment with qualitative interviews on a daily basis. Three injuries were reported over the study period.



1. Time in bed



2. Subjective sleep quality



Both time in bed and subjective sleep quality were similar in the single night and in the week before injury occurrence than the pre-season baseline values

Baseline

Week before injury occurrence

Night before injury occurrence

3. Sleep onset latency



Sleep onset latency, both in the single night and in the week before injury occurrence, was longer than pre-season baseline values

4. Sleep efficiency



Sleep efficiency in the single night and the week before injury occurrence was lower than baseline



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RM Cervero



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