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Train hard, sleep well? Perceived training load, sleep quantity and sleep stage distribution in elite level athletes

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Abstract

Objectives: Sleep is essential for recovery and performance in elite athletes. While it is generally assumed that exercise benefits sleep, high training load may jeopardize sleep and hence limit adequate recovery. To examine this, the current study assessed objective sleep quantity and sleep stage distributions in elite athletes and calculated their association with perceived training load.

Design: Mixed-methods.

Methods: Perceived training load, actigraphy and one-channel EEG recordings were collected among 98 elite athletes during 7 consecutive days of regular training.

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