

Take sleep disorders seriously and treat them

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26 percent of athletes show symptoms of at least one sleep disorder requiring treatment.

Insomnia

More than 3x a week, taking longer than 30 min to fall asleep or lying awake at night for more than 30 min.

What can I do?

- Regular sleeping and waking times
- Only stay in bed for as long as you have slept on average over the past week
- Only go to bed if you are sleepy and not out of a sense of duty; if necessary, write down your thoughts.

Particularly common in:

Artistic composition sports, biathlon, dance, rugby



Restless Legs Syndrom

Evening discomfort with an urge to move the legs or arms, which improves with movement.

What can I do?

- Treat iron deficiency (Ferritin >100 µg/l)
- Cold shower over the feet, massage
- Dopaminergic medication prescribed by a doctor

Particularly common in:

Endurance sports (iron deficiency sports) such as rowing, cross-country skiing, cycling, biathlon

Sleep apnoea

Breathing pauses during sleep, usually accompanied by snoring.

What can I do?

- Sleep on your side
- Improve nasal breathing
- Avoid alcohol and sleeping pills
- Breathing mask (CPAP), mandibular splint
- Throat muscle training

Particularly common in:

Athletes with a high body weight and strong neck muscles, as in strength sports, motor sports, curling



Nightmares

Recurrent distressing dreams; vividly remembered and usually about life or safety threats.

What can I do?

- Regular sleeping and waking times
- Write down the dream in detail and rewrite it in a positive way
- Imagery Rehearsal Therapy with a psycho-therapist

Particularly common in:

Artistic composition sports, snowboarding, sailing, fencing, volleyball, freestyle skiing



Parasomnias

Sleepwalking, screaming in sleep (night terrors), and acting out dreams (e.g., hitting and kicking while dreaming).

What can I do?

- Regular sleeping and waking times, and sufficient sleep
- Avoid alcohol and some medications
- Autosuggestion and relaxation exercises before going to sleep

Particularly common in:

Young athletes, artistic composition sports, equestrian sports, snowboarding, sailing/windsurfing, freestyle skiing

