

How Sleep Affects Learning of Sports Skills

How would you like to boost your athletes' ability to learn new sports skills by 20-25%? It's easy—just make sure they get a good night's sleep!

Sleep Study

Studies by Dr. Carlyle Smith at Trent University in Ontario have shown that students who get a good night's sleep are actually 20-25% better at performing newly-learned sports skills the next morning than before they went to sleep! Subjects deprived of sleep do not experience this incredible improvement and may even experience a deterioration in performance.

Why the Boost?

Dr. Smith has found that Stage Two sleep—that deepest stage of sleep that takes up half the night—is vital in learning physical skills. He believes the brain mentally rehearses each of the steps involved in the new skills during Stage Two sleep. This allows the body to consolidate the nervous system patterns required to perform those skills.

