Call For Participants

Sleep Quality in Athletes and Exercisers

10 min(s) to complete

Personalised Sleep Feedback (Sleep Quality, Sleep Reactivity, Pre-Sleep Arousal and...

Online Questionnaire

Online

Loughborough University

This study is an online survey addressing the importance of activity schedules (training and competition), personal characteristics, daytime behaviour (napping and fatigue) and night-time sleep patterns on wellbeing and performance of Athletes and Exercisers.

The survey takes only 10-15 minutes to complete.

Interested participants will be sent a personalised sleep feedback regarding their sleep health (sleep quality, sleep reactivity,

Find out more online

Poster printed on 23/04/2024 Study expires on 28/06/2020

More info

by scanning the QR code or visiting the URL

www.cfp.cc/XIC9A3

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