

Sleep and Performance for Athletes

Sleep is increasingly recognised as being an essential component of performance and recovery in elite athletes^{1,2}. Sleep may be negatively affected during training and competition as a result of factors such as scheduling of training and competition, the use of ergogenic aids including caffeine, the evening use of electronic devices, travel and jet lag and the potential presence of sleep disorders, all of which can also affect cognition, alertness and physical performance of athletes. At Melius Consulting, we offer a world-class service to support athletes, teams, and coaches.

We have extensive experience in this field. Dr Ian Dunican completed his PhD in this field and collaborates with researchers around the world to investigate ways to reach peak performance. Ian has worked in Super



Rugby, Professional Basketball, Australian Rules Football, Ultimate Fighting Championship (UFC), West Australian Institute of Sport, Australian Institute of Sport-Combat Centre, Formula 1, Masters Swimming and the up and coming field of e-sports.

We commonly provide services in scheduling training and travel, jet lag minimisation, pre-game and post-game

sleep and recovery, the strategic use of caffeine, individual athlete sleep, sleep problems and sleep disorder assessments, monitoring and measuring sleep, sleep, and performance education. To discuss the most practical, cost-effective solution, get in touch today.

For more information, contact:

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References

1. Gupta L, Morgan K, Gilchrist S. Does Elite Sport Degrade Sleep Quality? A Systematic Review. *Sports medicine (Auckland, NZ)* 2016 doi: 10.1007/s40279-016-0650-6
2. Dunican IC, Eastwood PR. Sleep is an important factor when considering rugby union player load. *British journal of sports medicine* 2016 doi: 10.1136/bjsports-2016-097122