

# THE IMPACT OF SLEEP DEPRIVATION ON THE PERFORMANCE OF SERVICES AND PASSES TO VOLLEYBALL PLAYERS.

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## Abstract

Why should I sleep? From a study of Webb 1975, from sleep deprivation, the conclusion was that people experiment had difficulty showing attention to the tasks required. The main purpose of athletes and coaches is to achieve optimal performance during sports events, so knowing the connection of important factors of sleep deprivation effects on sports performance, is required knowledge. Loss of sleep can have profound effects on human performance. Volleyball players and coaches believe that adequate sleep is essential for peak performance. Total has shown that sleep deprivation adversely affects many aspects of behavior, knowledge and psychological. The purpose of this study was to determine the effect of lack of sleep for a night on the performance and efficiency of following services to volleyball players, on the morning of the following day. Fifteen male volleyball players were studied twice in a balanced and random designs. Subjects were measured for maximum power, which means the performance of services and efficiency in relation to passing. Participants in this study were volleyball players of the adult team "brotherhood", healthy, good rest before sleep deprivation. All participants were non-smokers and were not taking medications. Participants were also excluded if one of the family had a history of sleep disorder or severe psychological illness. They were also required to fill in a sleep diary during the course of experimentation. During the sleep deprivation period, participants spend time playing table games, reading books or watching TV. They were restricted from taking caffeine, tea or other stimulants. The hypothesis of this experiment is to highlight the impact of sleep deprivation for one night in the fall of service performance and efikasitretit of following volleyball players on the morning of the following day. It is concluded that short-term sleep deprivation is not effective in the performance of services and passes, both in speed and accuracy. Experiment on sleep deprivation for one night and relay service element to volleyball players, fully corresponds with the hypothesis. Indeed deprivation of sleep per night provides a significant reduction of the speed and accuracy of service elements and relay to volleyball players. Since the objective of athletes and coaches met to achieve optimal performance in sporting events, it is important to meet the needs for sleep. Adequate sleep is essential to the performance level.

**Keywords:** *sleep, performance of services, the performance of the relay, physical activity, lack of sleep.*