



## Comparison of sleep quality of athletes and non-athletes aged 20 to 35 years in the pandemic of Covid-19

*Poster Presentation*

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### Abstract

Introduction: Covid-19 like other diseases pandemics, brought a wave of stress and anxiety that caused problems in people's physical and psychological health (1). Reports indicate that this pandemic has a negative effect on mental health (2). The quality of human's sleep is sensitive to his mental state.

Methods: This study aims to compare the sleep quality of athletes and non-athletes in the Covid-19 period via a short questionnaire. The statistical population of this study consists of 120 athletes and non-athletes between 20 and 35 years old, both men and women. These individuals were recruited voluntarily through WhatsApp and Telegram social networks through simple random sampling. To collect the data, the Pittsburgh Questionnaire (PSQR) was provided to the subjects online for twelve weeks from June 2021. Questions like have you ever had Covid-19? About when did you get the virus? And how has the quality of your sleep changed during the Corona? Added to the questionnaire. Subjects with a maximum of three months after coronary artery disease were examined. Because these people are still affected by the psychological and mental dimensions of this disease.

Result: The results showed that there was a significant difference between the mean quality of sleep (total score), delay in falling asleep, sleep disorders, use of sleeping pills and duration of sleep between athletes and non-athletes with Covid-19 ( $p \leq 0.05$ ). In general, athletes had better sleep quality, and people who were not infected with the virus had better sleep quality. According to the results of the present study, it can be said that the sleep quality of people with Covid-19 in a period of about a few months after they are affected by psychological factors of the virus or other unknown dimensions that athletes better cope.

Conclusion: Regular exercise is a positive way to deal with critical situations such as the Covid-19 pandemic.

### Keywords

Covid19-Sleep Quality-Athlete-Non-athlete

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