

Publication**Cross-Sectional and Longitudinal Associations Between Athlete Burnout, Insomnia, and Polysomnographic Indices in Young Elite Athletes****JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)****ID** 4597827**Author(s)** Gerber, Markus; Best, Simon; Meerstetter, Fabienne; Isoard-Gautheur, Sandrine; Gustafsson, Henrik; Bianchi, Renzo; Madigan, Daniel J.; Colledge, Flora; Ludyga, Sebastian; Holsboer-Trachsler, Edith; Brand, Serge**Author(s) at UniBasel** [Brand, Serge](#) ; [Gerber, Markus](#) ; [Ludyga, Sebastian](#) ; [Colledge, Flora](#) ;**Year** 2018**Title** Cross-Sectional and Longitudinal Associations Between Athlete Burnout, Insomnia, and Polysomnographic Indices in Young Elite Athletes**Journal** Journal of Sport and Exercise Psychology**Volume** 40**Number** 6**Pages / Article-Number** 312-324**Keywords** EEG; polysomnography; rumination; sleep complaints**Mesh terms** Adolescent; Athletes, psychology; Burnout, Psychological; Case-Control Studies; Cognition; Cross-Sectional Studies; Female; Humans; Longitudinal Studies; Male; Polysomnography; Self Report; Sleep Initiation and Maintenance Disorders

Few studies have examined the association between sleep and burnout symptoms in elite athletes. We recruited 257 young elite athletes (M; age; = 16.8 years) from Swiss Olympic partner schools. Of these, 197 were reassessed 6 months later. Based on the first assessment, 24 participants with clinically relevant burnout symptoms volunteered to participate in a polysomnographic examination and were compared with 26 (matched) healthy controls. Between 12% and 14% of young elite athletes reported burnout symptoms of potential clinical relevance, whereas 4-11% reported clinically relevant insomnia symptoms. Athletes with clinically relevant burnout symptoms reported significantly more insomnia symptoms, more dysfunctional sleep-related cognitions, and spent less time in bed during weeknights ($p < .05$). However, no significant differences were found for objective sleep parameters. A cross-lagged panel analysis showed that burnout positively predicted self-reported insomnia symptoms. Cognitive-behavioral interventions to treat dysfunctional sleep-related cognitions might be a promising measure to reduce subjective sleep complaints among young elite athletes.

Publisher Human Kinetics Publishers**ISSN/ISBN** 0895-2779 ; 1543-2904**edoc-URL** <https://edoc.unibas.ch/77103/>**Full Text on edoc** No;**Digital Object Identifier DOI** 10.1123/jsep.2018-0083**PubMed ID** <http://www.ncbi.nlm.nih.gov/pubmed/30514157>**ISI-Number** WOS:000453552300003**Document type (ISI)** Journal Article