



## Banner Concussion Center

### **DOC TALK with the Banner Concussion Center**

Happy Spring AYSA!! We are extremely excited to have another excellent guest columnist this month -- **Dr. Walter A. Castro**. Dr. Castro is a board-certified pediatrician and a sleep medicine specialist at **Banner Desert Sleep Center** and **Cardon Children's Medical Center**.

#### **Questions:**

**Dr. Castro, please tell us, is sleep important in the recovery process after exercise?**

Answer: Yes, it is extremely important. It is critical for athletes to obtain an adequate amount of sleep after performing exercise. Sleep is a key component of the recovery process after intense exercise.

**What is the appropriate amount of sleep a young athlete in middle school should obtain?**

Answer: Actually, your question is more complex than what it seems, because the amount of sleep will vary depending on the age of the child. Children who are between 6 to 12 years old need on average 10 to 11 hours of sleep per night. This is different for older children, including 8<sup>th</sup> grade, who require 9 to 9.5 hours of sleep per night if they are between 13 to 18 years old.

**Dr. Castro, should the naps be included in the total amount of sleep?**

Answer: Excellent question! Children who are older than 6 years of age usually should not require a nap. If they are above this age and require a nap on a regular basis, it means that something inappropriate is occurring before or during sleep and the child may benefit from a sleep medicine consultation or evaluation.

**What do you mean that something inappropriate may be occurring before or during sleep?**

Answer: There are many things which can interfere with a good, sound sleep. These things can range from certain medical conditions such as restless leg syndrome, periodic limb movements, obstructive sleep apnea, delayed sleep phase syndrome, etc. Also, something as "simple" as bad sleep habits may interfere with your potential to obtain enough sleep to be able to feel refreshed the next morning.

**If athletes want to feel sharp during practice, what can they do?**

Answer: We have to remember that several research studies have looked into this question. Research studies have demonstrated that sleep deprivation or restriction can negatively impact several organs and systems. A decline in cognitive function, decrease in vigilance, diminished performance, and a deprivation of sleep-dependent memory consolidation are some examples of the detrimental effects of insufficient sleep syndrome (in other words, too little or poor quality sleep can negatively affect our memory, mood, hormones, and overall ability to focus, learn, perform tasks, and execute skills.)

**Finally, Dr. Castro, what is your ultimate advice to all the young athletes?**

Answer: Sleep is extremely important in athletes. If you are tired throughout the day or taking naps, and think you are getting enough sleep, you may benefit from a sleep medicine evaluation. Please remember that important metabolic functions occur during sleep such as growth hormone production. This is important for linear growth and muscle development which is extremely important in an athlete.

**For more information regarding sleep, or to schedule a consultation with an adult or a pediatric sleep specialist for you or your child, please call Banner Desert Sleep Center at (480) 412-3684**

*For more information about the Banner Concussion Center, to schedule a baseline test or make an appointment with Dr. Erickson please contact us at 602-839-7285. We are located near the campus of Banner Good Samaritan Hospital at 1320 N. 10<sup>th</sup> St., Suite B Phoenix, AZ 85006. Information about the Banner Concussion Center can also be found on the Banner Health website [www.bannerhealth.com](http://www.bannerhealth.com)*