

XIV Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXIX Jornadas de Investigación. XVIII Encuentro de Investigadores en Psicología del MERCOSUR. IV Encuentro de Investigación de Terapia Ocupacional. IV Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires, 2022.

Características del sueño en jugadores de rugby: una revisión sistemática.

Villa, Javier y Barrios, Raul Miguel.

Cita:

Villa, Javier y Barrios, Raul Miguel (2022). *Características del sueño en jugadores de rugby: una revisión sistemática*. XIV Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXIX Jornadas de Investigación. XVIII Encuentro de Investigadores en Psicología del MERCOSUR. IV Encuentro de Investigación de Terapia Ocupacional. IV Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires.

Dirección estable: <https://www.aacademica.org/000-084/127>

ARK: <https://n2t.net/ark:/13683/eoq6/6nO>

Acta Académica es un proyecto académico sin fines de lucro enmarcado en la iniciativa de acceso abierto. Acta Académica fue creado para facilitar a investigadores de todo el mundo el compartir su producción académica. Para crear un perfil gratuitamente o acceder a otros trabajos visite: <https://www.aacademica.org>.

CARACTERÍSTICAS DEL SUEÑO EN JUGADORES DE RUGBY: UNA REVISIÓN SISTEMÁTICA

Villa, Javier; Barrios, Raul Miguel

Universidad de Buenos Aires. Facultad de Psicología. Buenos Aires, Argentina.

RESUMEN

Distintas investigaciones han puesto de manifiesto la importancia del sueño para la recuperación, el rendimiento y la salud de los deportistas. Debido a que cada deporte tiene características particulares en cuanto a demandas de entrenamiento y competencia, este trabajo se propone revisar las publicaciones de los últimos 10 años que han incluido estudios sobre sueño en jugadores de rugby. Para ello se utilizaron las bases de datos PubMed, Scielo, Redalyc, y Google Académico, de las que se seleccionaron 23 artículos que cumplieron con los criterios de inclusión (publicaciones en inglés o español, entre los años 2012 y 2022, que incluyan alguna de las siguientes palabras clave: “sueño”, “patrones de sueño” o “hábitos de sueño” y “rugby”). La mayoría de los estudios se realizaron con jugadores de rugby profesional adultos, mientras que sólo 4 consideraron población adolescente. A partir de los resultados, se observa que las características del sueño varían en función de la edad, las cargas de entrenamiento, los viajes de larga distancia, y los horarios de entrenamientos y competencias. Este trabajo aporta información relevante para considerar la importancia del sueño en el rugby, así como para el diseño y la implementación de estrategias para su mejora.

Palabras clave

Sueño - Rugby - Revisión sistemática

ABSTRACT

SLEEP CHARACTERISTICS IN RUGBY PLAYERS:
A SYSTEMATIC REVIEW

Different investigations have highlighted the importance of sleep for the recovery, performance and health of athletes. Due to the fact that each sport has particular characteristics in terms of training and competition demands, this work intends to review the publications of the last 10 years that have included studies on sleep in rugby players. For this, the PubMed, Scielo, Redalyc, and Google Scholar databases were used, from which 23 articles were selected that met the inclusion criteria (publications in English or Spanish, between the years 2012 and 2022, that include some of the the following keywords: “sleep”, “sleep patterns” or “sleep habits” and “rugby”). Most of the studies were carried out with adult professional rugby players, while only 4 considered the adolescent population. From the results,

it is observed that the characteristics of sleep vary according to age, training loads, long-distance travel, and training and competition schedules. This work provides relevant information to consider the importance of sleep in rugby, as well as for the design and implementation of strategies for its improvement.

Keywords

Sleep - Rugby - Systematic review

BIBLIOGRAFÍA

- Caia, J., Halson, S. L., Scott, T. J., & Kelly, V. G. (2017) Intra-individual variability in the sleep of senior and junior rugby league athletes during the competitive season. *Chronobiology international*, 34(9), 1239-1247. <https://doi.org/10.1080/07420528.2017.1358736>
- Caia, J., Scott, T. J., Halson, S. L., & Kelly, V. G. (2017) Do players and staff sleep more during the pre- or competitive season of elite rugby league?. *European journal of sport science*, 17(8), 964-972. <https://doi.org/10.1080/17461391.2017.1335348>
- Conlan, G., McLean, B., Kemp, J., & Duffield, R. (2021) Effect of Training/Competition Load and Scheduling on Sleep Characteristics in Professional Rugby League Athletes. *Journal of strength and conditioning research*, 10.1519/JSC.0000000000004111. Advance online publication. <https://doi.org/10.1519/JSC.0000000000004111>
- Driller, M., & Cupples, B. (2019) Sleep prior to and following competition in professional rugby league athletes. *Science and Medicine in Football*, 3(1), 57-62. DOI: 10.1080/24733938.2018.1479534
- Dunican, I. C., & Eastwood, P. R. (2017) Sleep is an important factor when considering rugby union player load. *British journal of sports medicine*, 51(22), 1640. <https://doi.org/10.1136/bjsports-2016-097122>
- Dunican, I. C., Higgin, C. C., Murray, K., Jones, M. J., Dawson, B., Caldwell, J. A., ... Eastwood, P. R. (2019) *Sleep Patterns and Alertness in an Elite Super Rugby Team During a Game Week*. *Journal of Human Kinetics*, 67(1), 111-121. doi:10.2478/hukin-2018-0088
- Dunican, I. C., Walsh, J., Higgins, C. C., Jones, M. J., Maddison, K., Caldwell, J. A., ... Eastwood, P. R. (2018) *Prevalence of sleep disorders and sleep problems in an elite super rugby union team*. *Journal of Sports Sciences*, 1-8. doi:10.1080/02640414.2018.1537092
- Eagles, A. N., & Lovell, D. I. (2016) Changes in sleep quantity and efficiency in professional rugby union players during home-based training and match play. *The Journal of sports medicine and physical fitness*, 56(5), 565-571.

- Fowler, P. M., Duffield, R., Lu, D., Hickmans, J. A., & Scott, T. J. (2016) Effects of Long-Haul Transmeridian Travel on Subjective Jet-Lag and Self-Reported Sleep and Upper Respiratory Symptoms in Professional Rugby League Players. *International journal of sports physiology and performance*, 11(7), 876-884. <https://doi.org/10.1123/ijsp.2015-0542>
- García, F., Cairo, E. and León, O. (2013) Trastornos del sueño en deportistas. In: F. Arbinaga and E. Cantón Chirivella, ed., *Psicología del deporte y la salud: una relación compleja*, 1st ed. Madrid: Editorial EOS, pp.311-356.
- García Mas, A., Aguado, F. J., Cuartero, J., Calabria, E., Jiménez, R., & Pérez, P. (2003) Sueño, descanso y rendimiento en jóvenes deportistas de competición. *Revista de Psicología del deporte*, 12(2), 0181-195.
- Leduc, C., Jones, B., Robineau, J., Piscione, J. and Lacome, M., 2019. Sleep Quality and Quantity of International Rugby Sevens Players During Pre-season. *Journal of Strength and Conditioning Research*, 33(7), pp.1878-1886.
- Leduc, C., Robineau, J., Tee, J. C., Cheradame, J., Jones, B., Piscione, J., & Lacome, M. (2021) The Travel Demands of an Elite Rugby Sevens Team: Effects on Objective and Subjective Sleep Parameters. *International journal of sports physiology and performance*, 16(5), 688-694. <https://doi.org/10.1123/ijsp.2020-0243>
- Leduc, C., Tee, J., Phibbs, P., Read, D., Ramirez, C., Sawczuk, T., ... & Jones, B. (2020) Objective sleep patterns and validity of self-reported sleep monitoring across different playing levels in rugby union. *South African Journal of Sports Medicine*, 32(1), 1-6.
- Leduc, C., Weaving, D., Owen, C., Lacome, M., Ramirez-Lopez, C., Skok, M., Tee, J. C., & Jones, B. (2022) The Effect of Rugby Union Match Play on Sleep Patterns and Subsequent Impact on Post-match Fatigue Responses. *International journal of sports physiology and performance*, 1-10. Advance online publication. <https://doi.org/10.1123/ijsp.2021-0421>
- Lo, M., Aughey, R. J., Hopkins, W. G., Gill, N., & Stewart, A. M. (2022) The impact of matches and travel on rugby players' sleep, wellness and training. *PLoS one*, 17(2), e0261517. <https://doi.org/10.1371/journal.pone.0261517>
- Saidi, O., Doré, E., Maso, F., Mack-Inocentio, D., Walrand, S., Pereira, B., & Duché, P. (2019) Acute effect of an intensified exercise program on subsequent sleep, dietary intake, and performance in junior rugby players. *European journal of applied physiology*, 119(9), 2075-2082. <https://doi.org/10.1007/s00421-019-04196-5>
- Saidi, O., Pereira, B., Peyrel, P., Maso, F., Doré, E., Rochette, E., Ratel, S., Walrand, S., & Duché, P. (2022) Sleep pattern and staging in elite adolescent rugby players during the in-season competitive phase compared to an age matched non-athlete population. *European journal of sport science*, 22(4), 499-510. <https://doi.org/10.1080/17461391.2021.1887368>
- Sánchez Oliver, A.J., Domínguez, R., Carrera Bastos, P. y Mata Ordoñez, F. (2018) Importancia del sueño en el rendimiento y la salud del deportista. E-motion: Revista de Educación, Motricidad e Investigación, 11, 70-82.
- Shearer, D. A., Jones, R. M., Kilduff, L. P., & Cook, C. J. (2015) Effects of competition on the sleep patterns of elite rugby union players. *European journal of sport science*, 15(8), 681-686. <https://doi.org/10.1080/17461391.2015.1053419>
- Skein, M., Duffield, R., Minett, G. M., Snape, A., & Murphy, A. (2013) The effect of overnight sleep deprivation after competitive rugby league matches on postmatch physiological and perceptual recovery. *International journal of sports physiology and performance*, 8(5), 556-564. <https://doi.org/10.1123/ijsp.8.5.556>
- Smithies, T. D., Eastwood, P. R., Walsh, J., Murray, K., Markwick, W., & Dunican, I. C. (2021) Around the world in 16 days: the effect of long-distance transmeridian travel on the sleep habits and behaviours of a professional Super Rugby team. *Journal of sports sciences*, 39(22), 2596-2602. <https://doi.org/10.1080/02640414.2021.1947617>
- Teece, A. R., Argus, C. K., Gill, N., Beaven, M., Dunican, I. C., & Driller, M. W. (2021) Sleep and Performance during a Preseason in Elite Rugby Union Athletes. *International journal of environmental research and public health*, 18(9), 4612. <https://doi.org/10.3390/ijerph18094612>
- Teece, A. R., Beaven, M., Huynh, M., Argus, C. K., Gill, N., & Driller, M. W. (2022) Nap to perform? Match-day napping on perceived match performance in professional rugby union athletes. *International Journal of Sports Science & Coaching*. <https://doi.org/10.1177/17479541221084146>
- Thornton, H. R., Delaney, J. A., Duthie, G. M., & Dascombe, B. J. (2018) Effects of Preseason Training on the Sleep Characteristics of Professional Rugby League Players. *International journal of sports physiology and performance*, 13(2), 176-182. <https://doi.org/10.1123/ijsp.2017-0119>
- Thornton, H. R., Duthie, G. M., Pitchford, N. W., Delaney, J. A., Benton, D. T., & Dascombe, B. J. (2017) Effects of a 2-Week High-Intensity Training Camp on Sleep Activity of Professional Rugby League Athletes. *International journal of sports physiology and performance*, 12(7), 928-933. <https://doi.org/10.1123/ijsp.2016-0414>