WIRED AND TIRED
The Mind-Body Cost of an Evolving Sport Landscape

True Sport Talks | November 4, 2026

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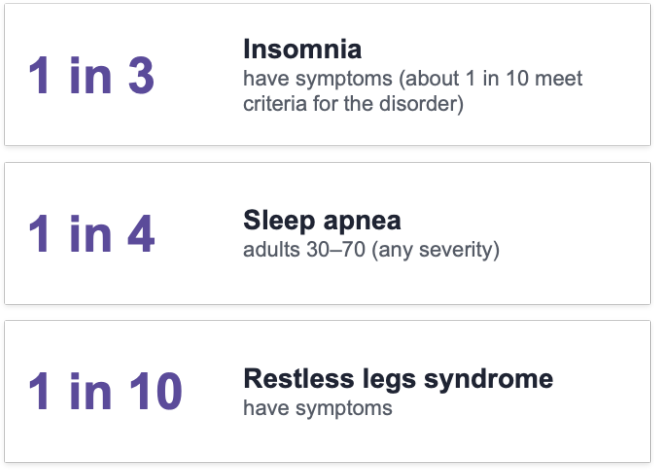
Morningness-Eveningness Questionnaire (MEQ)
This is the survey you completed today. It helps to determine your "chronotype" as we discussed in our session, which can help you make decisions about the sleep strategies that will work best for you.

Athlete Sleep Behavior Questionnaire (ASBQ-2)
This helps to identify specific-sleep-related difficulties that are common in athletes.

United States Olympic and Paralympic Committee (USOPC) Sleep Hub
Information on this site can provide guidance for sleep-related difficulties identified by the questionnaires above. It includes comprehensive guidance for athletes regarding:

- Role of sleep in athletic performance and health
- Strategies to enhance sleep
- Planning for travel
- Sleep Diary Template

Sleep Disorders:
Surprisingly common and often very treatable by health care professionals.





Consider discussing this issue with your healthcare professional if indications from the following screening tests suggest you have a risk for sleep apnea, chronic insomnia, or restless legs syndrome:

- STOP BANG
- Insomnia Severity Index
- Cambridge Hopkins RLS Scale