

Sleep AND CIRCADIAN SCIENCE- IMPLICATIONs FOR Professional Athletes PERFORMANCE AND HEALTH

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Abstract

This presentation will be in a PowerPoint format. There will be previous research added into the presentation as well as information that is being looked at today. The presentation will look at the effects of sleep on professional athletes' performance. There will be research and science overview. Kutcher S. Sleep 2012 abstract supplement Winter WC, Potenziano BJ, Zhang Z, Green NH, Hammond WR. Chronotype as a Predictor of Performance in Major League Baseball Pitchers. Sleep 2010; 33: 188-90. Winter WC, Potenziano BJ, Zhang Z, Green NH, Hammond WR. Chronotype as a Predictor of Performance in Major League Baseball Batters. Sleep 2011; 34.

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Biography

Ben Potenziano is a Certified Athletic Trainer that works in Professional Baseball in the United States. He holds a Masters Degree in Education with a concentration in Exercise Science. His background also involves Strength and Conditioning at the professional baseball level.

He has 21 years of baseball experiences. He has been involved with sleep and mental health which he is extremely passionate about. Ben is also involved with the Professional Baseball Athletic Trainers Society and on the board.