



NCAA Regional Umpire Clinic

Orlando, Chicago, Baltimore, Irvine

Douglas J. Ramos, M.D.



Sleep



Douglas J. Ramos, M.D.

College World Series, Tournament Physician

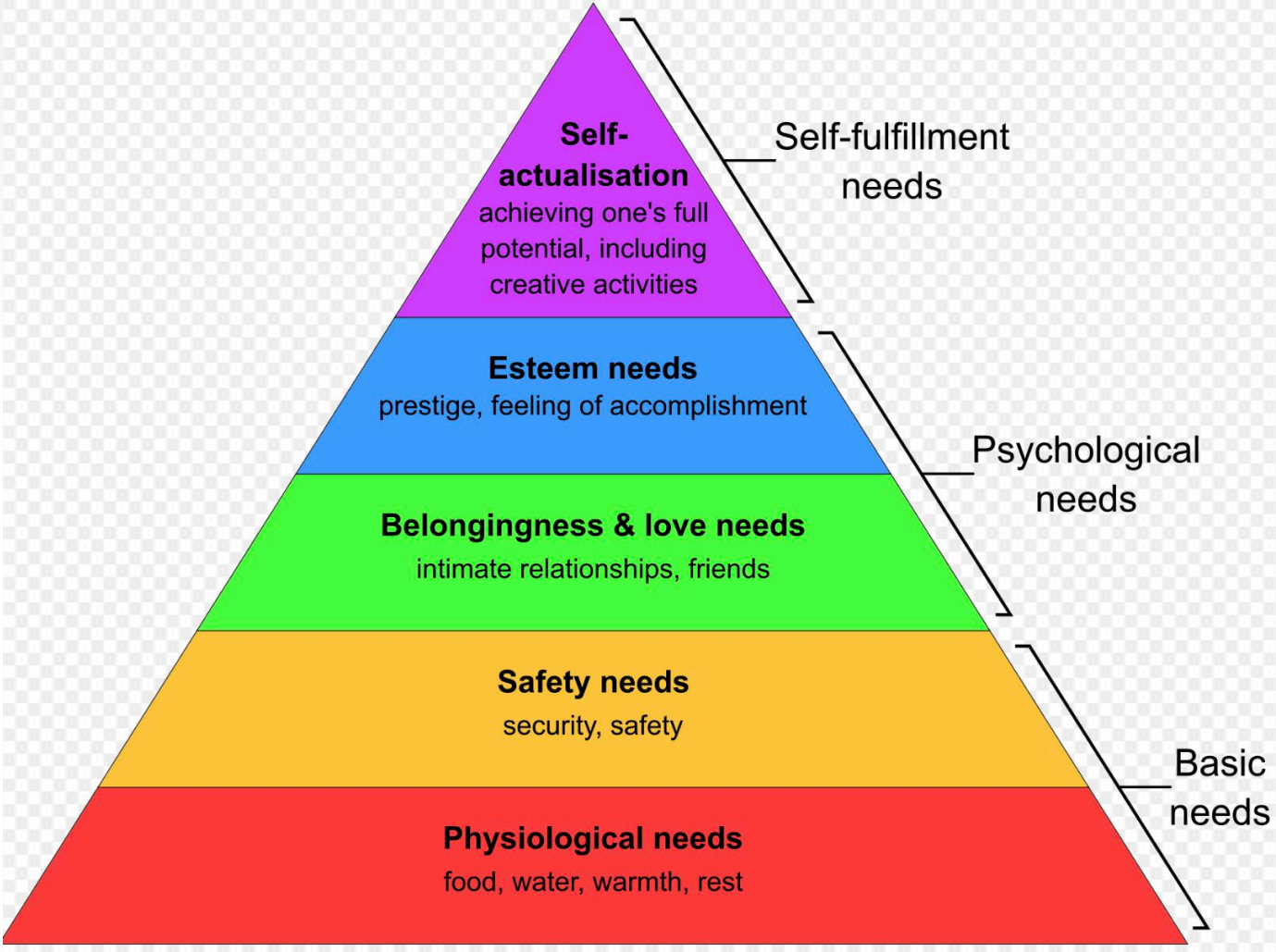
Associate Professor, Surgery, Creighton University

Adjunct Professor, Boston College, Woods College of
Advancing Studies, M.S. Sports Administration

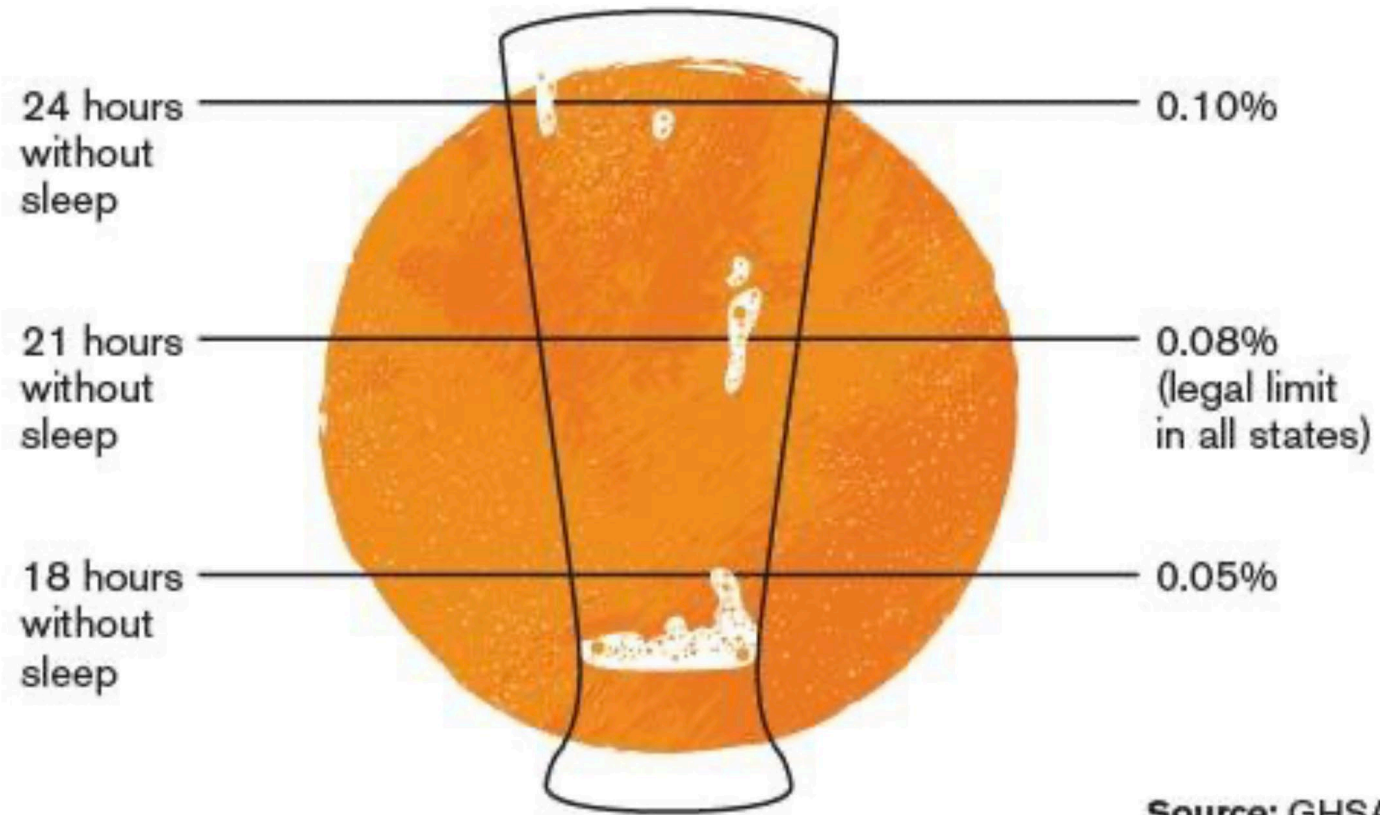
Creighton University, Team Physician

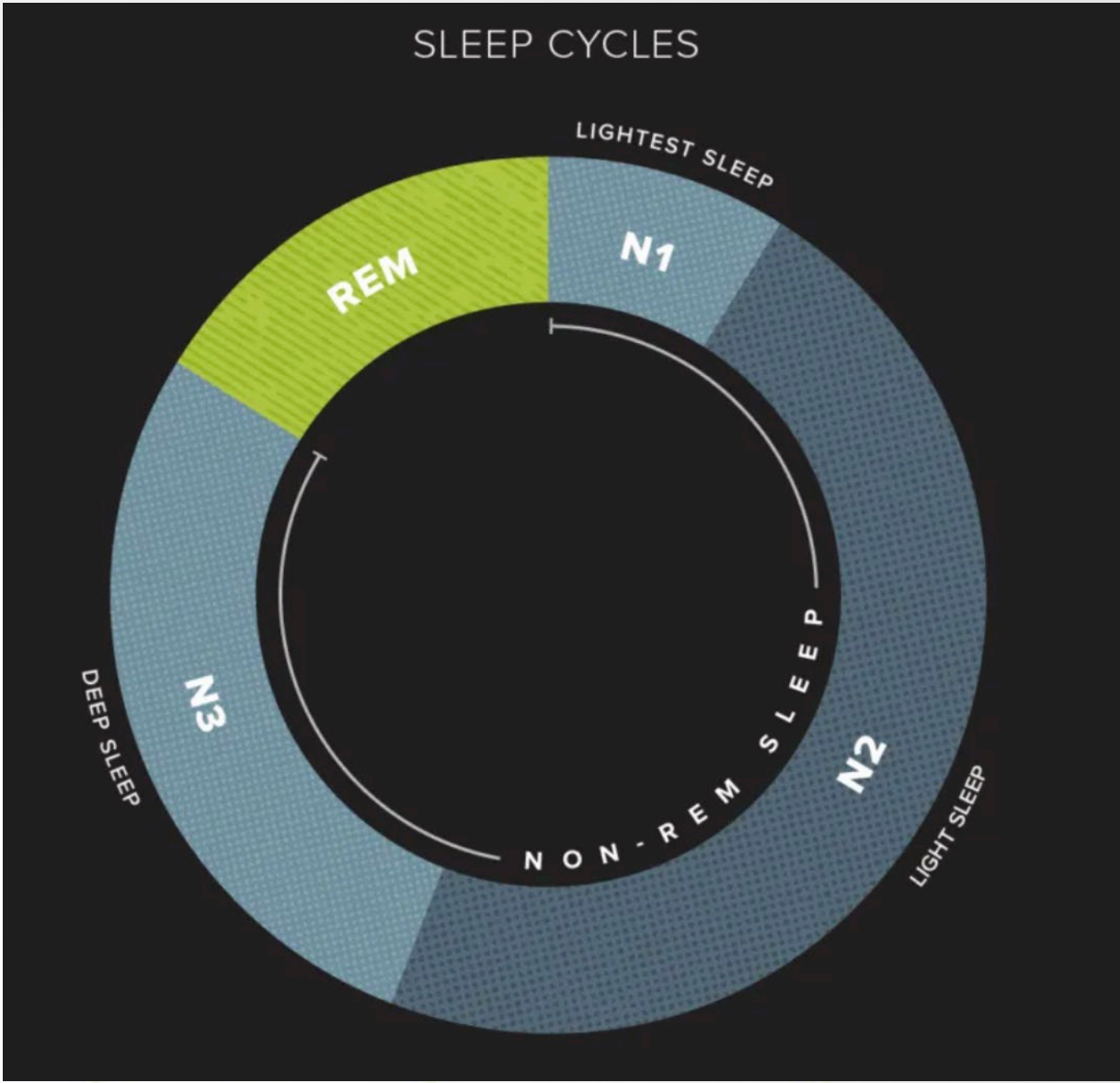
NCAA, Drug Test Appeal Subcommittee



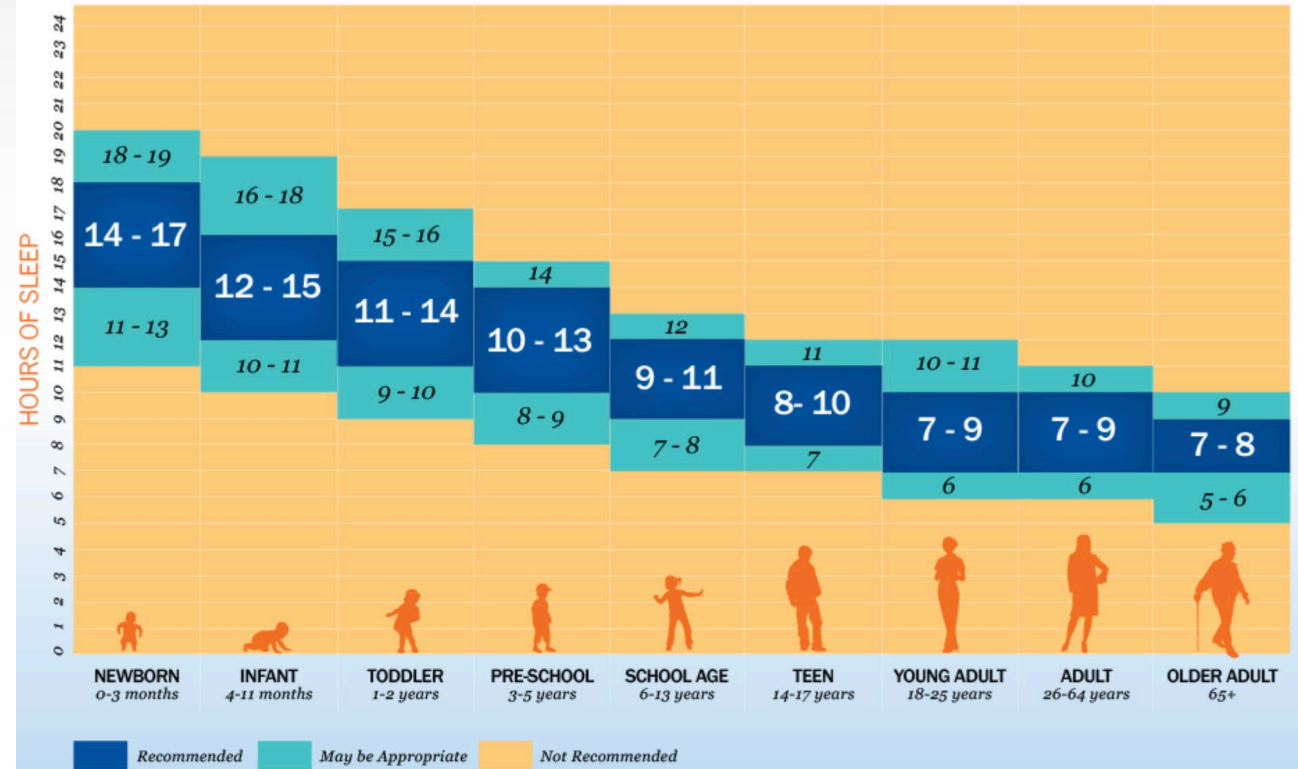


Lack of sleep mimics blood alcohol concentration





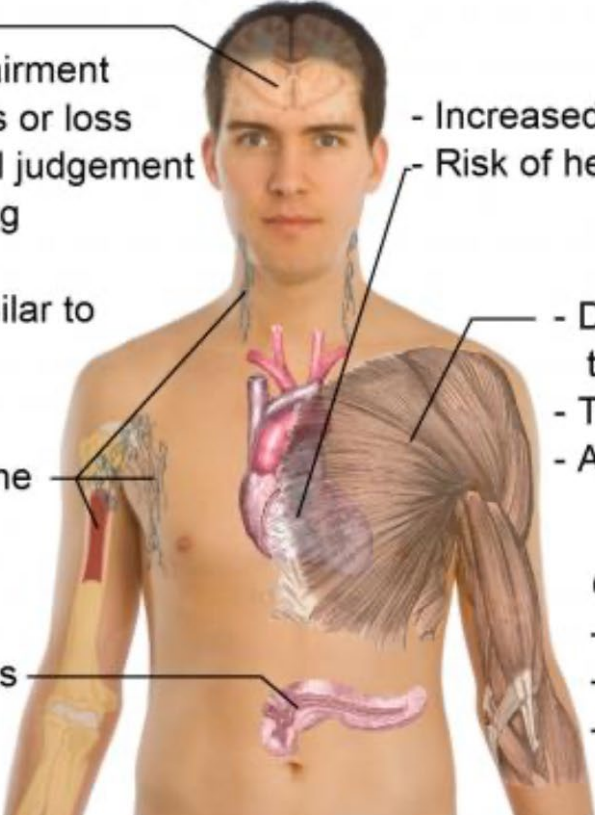
SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

Sleep deprivation

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- Irritability
 - Cognitive impairment
 - Memory lapses or loss
 - Impaired moral judgement
 - Severe yawning
 - Hallucinations
 - Symptoms similar to ADHD
 - Impaired immune system
 - Risk of diabetes Type 2
 - Increased heart rate variability
 - Risk of heart disease
 - Decreased reaction time and accuracy
 - Tremors
 - Aches
- Other:*
- Growth suppression
 - Risk of obesity
 - Decreased temperature