Dr. Alex Lee

Mohsen Kazemi   Glenn Cashman

Peter Stilwell   Katie de Luca

Kent Stuber   Sheilah Hogg-Johnson

Scott Howitt   Kaitlyn Szabo

Chris deGraauw   Gordon Lawson

Brad Muir   Lara deGraauw

Rocco Guerriero

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Abstract (500 words max)

Background: Sleep is essential for maintaining health, promoting recovery and optimizing performance for athletes. Sleep disturbances can occur in athletes as a result of specific contextual factors related to their lifestyle, such as high training loads, frequency of travel, evening competitions and early morning training sessions. While sleep disturbances have been documented in elite athlete populations, little is known about the sleep habits, behaviours and prevalence of sleep disturbances among athletes presenting to community-based sports clinics.

Objectives: To investigate the sleep habits, behaviours, prevalence of sleep disturbance, and sleep environment preferences of athletes presenting to a national practice-based research network of Canadian chiropractors working in sport.

Methods: Athletes of all skill-levels from the ages of 12 years and older will be recruited from clinics of the Sports and Exercise Research Collaborative for Health Practice-Based Research Network (17 clinics spanning 8 provinces). They will be asked to complete a survey that will include the Athlete Sleep Screening Questionnaire, a validated athlete sleep outcome measure that categorizes athletes into 4 sleep difficulty categories (none, mild, moderate and severe), and questions about their sleep environment and the impact of sleep on their athletic activities.

Analysis: Descriptive statistics will be used to summarize athlete characteristics and survey questions related to sleep habits, sleep environment and the impact of sleep on athletic activities. The distribution of the primary outcome of the ASSQ, sleep difficulty category, will be described using frequency and percentages, and its association with athlete characteristics (age, sex, sport, etc.) will be investigated using χ^2 tests accounting for the clustering of patients within practices by using survey estimator procedures with practice as the primary sampling unit.

Impact of Work: This project will be the first to report the use of the ASSQ in a community-based sports healthcare setting, and it will report the sleep habits, behaviours and prevalence of sleep disturbance of athletes of all skill-levels from 12 years of age and older. This study will be the first to utilize a sports healthcare PBRN to conduct sleep research in athletes, and it will provide sports chiropractors with the experience of administering the ASSQ, providing the opportunity to translate evidence-based sleep screening methods to their clinical care of athletes.

Dr. Lee started his academic career at the University of Waterloo where he earned a Bachelor of Science Honours degree in Kinesiology. His interest in sports medicine led him to the Canadian Memorial Chiropractic College (CMCC) where he graduated with magna cum laude honours and received the John M Wallace Memorial Award for clinical proficiency.

Interested in specializing in sports health care, Dr. Lee completed a two-year, full time, post-graduate Sports Sciences Residency at CMCC which led him to obtaining his Sports Sciences Fellowship from the Royal College of Chiropractic Sports Sciences (Canada). In addition to his academic training, he has completed certifications in contemporary clinical acupuncture and Active Release Techniques.

Dr. Lee has worked as a provider in both the elite and amateur levels of hockey, martial arts, wrestling, volleyball, track & field, and endurance sports. He is clinical faculty at CMCC, is a peer reviewer for various academic journals, and is actively involved in clinical research.