



## Quality of Sleep Affects the Level of Anxiety and Performance of Football Athletes

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### Dear Editor-in-Chief

Football athlete performance largely determines the ability of athletes during the match. Some of the mental obstacles often approached by the Indonesian players are feeling anxious, nervous, and worry that affect the performance of athletes (1).

Quality of sleep affects the level of anxiety on football athletes. Anxiety, as a negative emotion affects the perception of athletes before a competition that result the decrease of performance (2). The sleep quality of athlete greatly affects the physiological condition, which indirectly affects the performance. The adequacy of sleep for an athlete needs to support the normal brain function and emotional stability. Poor of sleep quality in the long term will cause a negative effect on health and affect the performance of athletes during a match (3).

The high intake of vitamin C has a correlation with the decrease of anxiety level on athletes. Patients with type 2 diabetes who take a capsule of vitamin C 1000 mg/day for 6 weeks had lower levels of anxiety than patients who received a capsule of vitamin E 400 IU/day for 6 weeks (4). High depression score is the best predictor for someone who has poor of sleep quality. Poor of sleep quality has long-term negative effects on health (5). The sleep quality of athlete greatly affects the physiological condition, which will indirectly affects the performance. Good sleep quality of athletes support the normal brain function and emotional stability (3).

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