

The purpose of this study was to determine if getting less than the recommended eight hours of sleep a night results in a decrease in vertical jump height and/or biomechanics of the lower extremity. Vertical jump height, trunk flexion, knee flexion, and knee valgus angles were measured. A 2x2 ANOVA compared trunk and knee flexion, while t-tests compared knee valgus and vertical jump all to sleep time. Results and conclusion are pending.