Athlete Sleep & Performance

Sleep science built around the athletic calendar

Christine Mason, PhD, DBSM brings behavioral sleep medicine, circadian science, health psychology, and behavior-change expertise to athletes, teams, coaches, athletic trainers, and sports organizations.

Athletes do not sleep in a laboratory. They sleep around early training, late competition, travel, academics, performance pressure, injury, recovery, family life, hormones, substances, technology, and changing schedules.

The work begins by understanding that context.

WAYS TO WORK TOGETHER

Team workshops

Interactive education tailored to the age group, sport, schedule, and competitive demands of the team. Topics may include:

- Sleep and athletic performance
- Competition-night sleep
- Recovery and injury periods
- Travel and circadian disruption
- Realistic sleep scheduling
- Performance arousal and pre-sleep routines
- Caffeine, energy drinks, alcohol, and marijuana
- Wearables and sleep data
- Recognizing when an athlete may need clinical evaluation

Staff and professional education

Training for coaches, athletic trainers, clinicians, and performance staff on:

- Recognizing common sleep concerns
- Distinguishing education from clinical care
- Responding to athlete sleep complaints
- Making appropriate referrals
- Interpreting wearable information carefully
- Building sleep-aware team communication

Program and schedule consultation

Support for organizations evaluating:

- Training and competition schedules
- Travel and recovery practices
- Athlete education
- Team sleep culture
- Referral pathways
- Sleep-related program content
- Outcome and experience measurement

Individual clinical care

Clinical behavioral sleep medicine for athletes experiencing insomnia, circadian disruption, sleep-related anxiety, PAP difficulty, or other sleep concerns.

Clinical services are available only where Dr. Mason is authorized to practice and begin with an individualized assessment.

ABOUT DR. MASON

Christine Mason, PhD, DBSM is a health psychologist board-certified in behavioral sleep medicine. Her work spans clinical care, clinical program design, digital health, education, and consultation.

She translates complex sleep and behavioral science into strategies athletes and organizations can understand, use, and adapt when schedules and circumstances change.

APPROPRIATE FOR

- High school and college athletic programs
- Professional and elite athletes
- Men's and women's teams
- Coaches and athletic departments
- Athletic trainers and sports medicine professionals
- Performance and recovery teams
- Conferences and professional organizations

Sleep education and treatment do not guarantee a particular athletic outcome. Individual needs vary, and possible medical sleep disorders should be evaluated by an appropriate healthcare professional.

Start a conversation

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