**Oxford Student Book – Writing a summary – pp.38-39**

**Model Answer Key (students answers may vary)**

Sleep is a critically important factor in successful sport performance because it is a time when the body carries out vital functions. Research has shown that a lack of sleep can drastically affect the performance of athletes by impacting on their ability to make instantaneous decisions. This may mean the difference between winning and losing, and could lead to disaster for professional athletes in competitive situations. By improving on the quality and the amount of sleep, athletes can improve on: accuracy, timing, decision making, energy levels, attention and even their rate of recovery after performance.