

Monruedee Phongamorn 2014: Effect of Daytime Nap in Sleep Deprivation on Reactive Agility. Master of Science (Sports Science), Major Field: Sports Science. Faculty of Sports Science. Thesis Advisor: Mr.Phornphon Phimphaphorn, Ph.D. 83 pages.

The objectives of this research were to study and compare effects of daytime nap and non daytime nap in normal sleep and sleep deprivation on reactive agility. The subjects consisted of a simple random sampling selection of female healthy students from Faculty of Sport Science, Kasetsart University, aged between 18-20 years old. Group 1 Samples to bed and wake up time is normally 8 hours to take a nap after eating lunch to nap is 30 minutes from 12.30 - 13.00 for 30 minutes. Group 2 Samples to bed and wake up time is normally 8 hours, but no daytime nap sleep. Group 3 Samples to bed and wake up at 2:00 to 06:00 am and a nap after eating lunch to nap is 30 minutes from 12.30 - 13.00 for 30 minutes. Group 4 Samples to bed and wake up at 2:00 to 06:00 pm, but no daytime nap after lunch time. All subjects completed a four - week period of experiment . All subjects were tested for reactive agility after (post – test) and sleepiness before (pre – test) and after (post – test). Data were expressed as mean \pm standard deviation and statistically analyzed of variance test pattern repeated measures one-dimensional (Repeated - measure in one - dimensional design) by using one way analysis of variance with repeated measure. Statistical significance was set at $p < 0.05$.

Results showed that, the Average reactive agility of the 4 sample were significance difference . Our research shows. When the body is Adequate sleep with a daytime nap. As a result, the response of the nervous system and the body is more than enough sleep.

Student's signature

Thesis Advisor's signature

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