



A G E N D A

National Collegiate Athletic Association Interassociation Task Force on Sleep and Wellness

NCAA National Office
Christine Grant Ballroom
Indianapolis, IN

May 1-2, 2017
1 to 9 p.m.

1. Welcome and announcements. (Brian Hainline)
2. Data and Research on Sleep.
 - a. NCHA and GOALS data. (Annie Kearns Davoren and Tom Paskus)
 - b. Survey of membership. (Lydia Bell)
 - c. Science of sleep. (Michael Grandner)
3. Impact of Sleep and.
 - a. Mental health and well-being. (Birdie Cunningham and Roxanne Prichard)
 - b. Performance and recovery. (Jerry Pastore and Lindsay Thornton)
 - c. Diet and metabolism. (Kelly Baron)
 - d. Traumatic Brain Injury. (Sanjeev Kothare)
 - e. Neurobiological recovery. (Dianne Langford)
 - f. Recovery from injury: case study. (William Adams)
 - g. Coach/student-athlete perspective.
4. Foundational statement part I: Breakout group session.
5. Breakout group reconvene.
6. Consensus building. (Emily Kroshus and David Wyrick)
 - a. Foundational statement part II group reports.

N a t i o n a l C o l l e g i a t e A t h l e t i c A s s o c i a t i o n

Supporting student-athlete success on the field, in the classroom and for life

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- b. Finalize consensus statements.
- 7. Open comment and recommendations. (Kroshus and Wyrick)
- 8. Next steps and closing remarks. (Hainline)
- 9. Adjournment.