

Prevalence of Sleep Inadequacy Among Badminton Players: A Systematic Review

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202550010

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 5 May 2025 and was last updated on 5 May 2025.

INTRODUCTION

Review question / Objective To determine the prevalence of sleep inadequacy or poor sleep quality among badminton players across all levels and age groups.

Condition being studied Sleep inadequacy or poor sleep quality among badminton players.

METHODS

Participant or population Badminton players of any age, sex, nationality, or level of play (e.g., amateur, collegiate, or elite athletes).

Intervention Not applicable. This is a prevalence-focused systematic review without any intervention.

Comparator Not applicable. This review does not involve comparisons between groups.

Study designs to be included Observational studies, including cross-sectional, cohort, and case-control designs. Experimental studies were included if they reported relevant baseline prevalence data.

Eligibility criteria We included studies reporting the prevalence of sleep inadequacy or poor sleep quality among badminton players, regardless of age, sex, or level of play. Eligible study designs were observational studies (cross-sectional, cohort, and case-control), and experimental studies if baseline prevalence data were reported. Only articles published in English were included. Studies that did not report baseline prevalence or focused solely on interventions were excluded.

Information sources A comprehensive literature search was conducted using MEDLINE, Scopus, and the Directory of Open Access Journals (DOAJ), covering all records from inception to April 2025.

Main outcome(s) Prevalence of sleep inadequacy or poor sleep quality among badminton players, as measured by validated sleep assessment tools or author-defined criteria.

Quality assessment / Risk of bias analysis Risk of bias was assessed independently by two reviewers using the Joanna Briggs Institute (JBI) Critical Appraisal Checklists, tailored to the design of each included study. Discrepancies were resolved through discussion to achieve consensus.

Strategy of data synthesis The methodological quality of included studies was assessed independently by two investigators using the Joanna Briggs Institute (JBI) Critical Appraisal Checklists appropriate for each study design. Disagreements were resolved through discussion to reach consensus.

Subgroup analysis If sufficient data are available, subgroup analyses will be performed based on age group, sex, level of play (e.g., amateur, collegiate, elite), and geographic region.

Sensitivity analysis If applicable, sensitivity analyses will be conducted by excluding studies with high risk of bias or those using non-validated sleep assessment tools, to evaluate the robustness of the pooled prevalence estimates.

Language restriction Only studies published in English were included.

Country(ies) involved Thailand.

Keywords Sleep inadequacy, poor sleep quality, insomnia, badminton, athletes, prevalence, sleep disturbance, racquet sports.

Contributions of each author

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