

# **Acute Normobaric Hypoxia And Its Effects On Measures Of Sleep Quality In Recreational Athletes (Using Altitude Tents.)**

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**PURPOSE:** To evaluate the effect upon sleep quality of normobaric hypoxia at a simulated altitude of 2,500m in recreational athletes.

**CONCLUSIONS:** Acute Normobaric Hypoxia at a stimulated altitude of 2,500m did not affect sleep quality compared to Placebo-Hypoxic conditions (sea-level, but in a tent.)