Shona L Halson

List of Publications by Year
in descending order

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159 papers	9,230 citations	44069 48 h-index	46799 89 g-index
161 all docs	161 docs citations	161 times ranked	5928 citing authors

#	Article	IF	Citations
1	Monitoring Training Load to Understand Fatigue in Athletes. Sports Medicine, 2014, 44, 139-147.	6.5	1,008
2	Does Overtraining Exist?. Sports Medicine, 2004, 34, 967-981.	6.5	354
3	Recovery and Performance in Sport: Consensus Statement. International Journal of Sports Physiology and Performance, 2018, 13, 240-245.	2.3	350
4	Sleep in Elite Athletes and Nutritional Interventions to Enhance Sleep. Sports Medicine, 2014, 44, 13-23.	6.5	295
5	Understanding sleep disturbance in athletes prior to important competitions. Journal of Science and Medicine in Sport, 2015, 18, 13-18.	1.3	245
6	Effect of hydrotherapy on the signs and symptoms of delayed onset muscle soreness. European Journal of Applied Physiology, 2008, 102, 447-455.	2.5	222
7	Time course of performance changes and fatigue markers during intensified training in trained cyclists. Journal of Applied Physiology, 2002, 93, 947-956.	2.5	214
8	The impact of training schedules on the sleep and fatigue of elite athletes. Chronobiology International, 2014, 31, 1160-1168.	2.0	211
9	Sleep and the athlete: narrative review and 2021 expert consensus recommendations. British Journal of Sports Medicine, 2021, 55, 356-368.	6.7	208
10	Sleep/wake behaviours of elite athletes from individual and team sports. European Journal of Sport Science, 2015, 15, 94-100.	2.7	203
11	An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. International Journal of Sports Physiology and Performance, 2018, 13, 538-561.	2.3	197
12	Sleep or swim? Earlyâ€morning training severely restricts the amount of sleep obtained by elite swimmers. European Journal of Sport Science, 2014, 14, S310-5.	2.7	191
13	Stress, Sleep and Recovery in Elite Soccer: A Critical Review of the Literature. Sports Medicine, 2015, 45, 1387-1400.	6.5	181
14	Water Immersion Recovery for Athletes: Effect on Exercise Performance and Practical Recommendations. Sports Medicine, 2013, 43, 1101-1130.	6.5	176
15	The effects of fatigue on decision making and shooting skill performance in water polo players. Journal of Sports Sciences, 2006, 24, 807-815.	2.0	162
16	Higher dietary carbohydrate content during intensified running training results in better maintenance of performance and mood state. Journal of Applied Physiology, 2004, 96, 1331-1340.	2.5	157
17	Superior Inhibitory Control and Resistance to Mental Fatigue in Professional Road Cyclists. PLoS ONE, 2016, 11, e0159907.	2.5	157
18	Nutrition, sleep and recovery. European Journal of Sport Science, 2008, 8, 119-126.	2.7	138

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19	Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. Journal of Applied Physiology, 2010, 109, 126-134.	2.5	130
20	The validity of activity monitors for measuring sleep in elite athletes. Journal of Science and Medicine in Sport, 2016, 19, 848-853.	1.3	124
21	Immunological Responses to Overreaching in Cyclists. Medicine and Science in Sports and Exercise, 2003, 35, 854-861.	0.4	114
22	Effect of cold water immersion on repeat cycling performance and thermoregulation in the heat. Journal of Sports Sciences, 2008, 26, 431-440.	2.0	114
23	International Association of Athletics Federations Consensus Statement 2019: Nutrition for Athletics. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 73-84.	2.1	110
24	Prevalence of illness, poor mental health and sleep quality and low energy availability prior to the 2016 Summer Olympic Games. British Journal of Sports Medicine, 2018, 52, 47-53.	6.7	98
25	Effects of acute exhaustive exercise and chronic exercise training on type 1 and type 2 T lymphocytes. Exercise Immunology Review, 2004, 10, 91-106.	0.4	97
26	Cold-Water Immersion for Athletic Recovery: One Size Does Not Fit All. International Journal of Sports Physiology and Performance, 2017, 12, 2-9.	2.3	86
27	A multifactorial evaluation of illness risk factors in athletes preparing for the Summer Olympic Games. Journal of Science and Medicine in Sport, 2017, 20, 745-750.	1.3	84
28	Development of the athlete sleep behavior questionnaire: A tool for identifying maladaptive sleep practices in elite athletes. Sleep Science, 2018, 11, 37-44.	1.0	84
29	Sleep Hygiene and Recovery Strategies in Elite Soccer Players. Sports Medicine, 2015, 45, 1547-1559.	6.5	79
30	Physiological Responses to Cold Water Immersion Following Cycling in the Heat. International Journal of Sports Physiology and Performance, 2008, 3, 331-346.	2.3	78
31	Sleep Monitoring in Athletes: Motivation, Methods, Miscalculations and Why it Matters. Sports Medicine, 2019, 49, 1487-1497.	6.5	78
32	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. Sports Medicine, 2022, 52, 933-948.	6.5	78
33	What is mental fatigue in elite sport? Perceptions from athletes and staff. European Journal of Sport Science, 2019, 19, 1367-1376.	2.7	76
34	The Chronotype of Elite Athletes. Journal of Human Kinetics, 2016, 54, 219-225.	1.5	75
35	Importance of Standardized DXA Protocol for Assessing Physique Changes in Athletes. International Journal of Sport Nutrition and Exercise Metabolism, 2016, 26, 259-267.	2.1	75
36	Sleep/wake behaviour of endurance cyclists before and during competition. Journal of Sports Sciences, 2015, 33, 293-299.	2.0	74

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37	The application of mental fatigue research to elite team sport performance: New perspectives. Journal of Science and Medicine in Sport, 2019, 22, 723-728.	1.3	72
38	Protein Ingestion before Sleep Increases Overnight Muscle Protein Synthesis Rates in Healthy Older Men: A Randomized Controlled Trial. Journal of Nutrition, 2017, 147, 2252-2261.	2.9	69
39	The Challenge of Maintaining Metabolic Health During a Global Pandemic. Sports Medicine, 2020, 50, 1233-1241.	6.5	67
40	Greater Effect of East versus West Travel on Jet Lag, Sleep, and Team Sport Performance. Medicine and Science in Sports and Exercise, 2017, 49, 2548-2561.	0.4	63
41	Sleep quantity and quality in elite youth soccer players: A pilot study. European Journal of Sport Science, 2014, 14, 410-417.	2.7	61
42	Practical precooling: Effect on cycling time trial performance in warm conditions. Journal of Sports Sciences, 2008, 26, 1477-1487.	2.0	59
43	Resistance Exercise Augments Postprandial Overnight Muscle Protein Synthesis Rates. Medicine and Science in Sports and Exercise, 2016, 48, 2517-2525.	0.4	59
44	Effects of carbohydrate supplementation on performance and carbohydrate oxidation after intensified cycling training. Journal of Applied Physiology, 2004, 97, 1245-1253.	2.5	58
45	The effects of intensified training on resting metabolic rate (RMR), body composition and performance in trained cyclists. PLoS ONE, 2018, 13, e0191644.	2.5	57
46	Presleep dietary protein-derived amino acids are incorporated in myofibrillar protein during postexercise overnight recovery. American Journal of Physiology - Endocrinology and Metabolism, 2018, 314, E457-E467.	3.5	56
47	Physical Activity Performed in the Evening Increases the Overnight Muscle Protein Synthetic Response to Presleep Protein Ingestion in Older Men. Journal of Nutrition, 2016, 146, 1307-1314.	2.9	53
48	The Effects of the Removal of Electronic Devices for 48 Hours on Sleep in Elite Judo Athletes. Journal of Strength and Conditioning Research, 2017, 31, 2832-2839.	2.1	52
49	A validation study of the WHOOP strap against polysomnography to assess sleep. Journal of Sports Sciences, 2020, 38, 2631-2636.	2.0	52
50	To Nap or Not to Nap? A Systematic Review Evaluating Napping Behavior in Athletes and the Impact on Various Measures of Athletic Performance. Nature and Science of Sleep, 2021, Volume 13, 841-862.	2.7	51
51	Evaluating the Kikuhime pressure monitor for use with sports compression clothing. Sports Engineering, 2014, 17, 55-60.	1.1	50
52	Team sport athletesâ€™ perceptions and use of recovery strategies: a mixed-methods survey study. BMC Sports Science, Medicine and Rehabilitation, 2017, 9, 6.	1.7	49
53	Sleep, anxiety and electronic device use by athletes in the training and competition environments. European Journal of Sport Science, 2016, 16, 301-308.	2.7	46
54	Does self-perceived sleep reflect sleep estimated via activity monitors in professional rugby league athletes?. Journal of Sports Sciences, 2018, 36, 1492-1496.	2.0	44

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55	How Much Sleep Does an Elite Athlete Need?. International Journal of Sports Physiology and Performance, 2021, 16, 1746-1757.	2.3	44
56	Does Hydrotherapy Help or Hinder Adaptation to Training in Competitive Cyclists?. Medicine and Science in Sports and Exercise, 2014, 46, 1631-1639.	0.4	43
57	The influence of sleep hygiene education on sleep in professional rugby league athletes. Sleep Health, 2018, 4, 364-368.	2.5	43
58	Effects of compression garments on recovery following intermittent exercise. European Journal of Applied Physiology, 2013, 113, 1585-1596.	2.5	42
59	Sleep, sport, and the brain. Progress in Brain Research, 2017, 234, 13-31.	1.4	42
60	Caffeine use in a Super Rugby game and its relationship to postâ€game sleep. European Journal of Sport Science, 2018, 18, 513-523.	2.7	42
61	Sleep-Related Issues for Recovery and Performance in Athletes. International Journal of Sports Physiology and Performance, 2019, 14, 144-148.	2.3	42
62	Laboratory and home comparison of wrist-activity monitors and polysomnography in middle-aged adults. Sleep and Biological Rhythms, 2018, 16, 85-97.	1.0	41
63	Can Sleep Be Used as an Indicator of Overreaching and Overtraining in Athletes?. Frontiers in Physiology, 2018, 9, 436.	2.8	41
64	The Gender Gap in Sport Performance: Equity Influences Equality. International Journal of Sports Physiology and Performance, 2013, 8, 99-103.	2.3	40
65	Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. Sports Medicine, 2021, 51, 2029-2050.	6.5	40
66	Software thresholds alter the bias of actigraphy for monitoring sleep in team-sport athletes. Journal of Science and Medicine in Sport, 2017, 20, 756-760.	1.3	37
67	The Effects of Wearing Lower Body Compression Garments During a Cycling Performance Test. International Journal of Sports Physiology and Performance, 2013, 8, 300-306.	2.3	36
68	Effect of Evening Postexercise Cold Water Immersion on Subsequent Sleep. Medicine and Science in Sports and Exercise, 2013, 45, 1394-1402.	0.4	36
69	Wearable Technology for Athletes: Information Overload and Pseudoscience?. International Journal of Sports Physiology and Performance, 2016, 11, 705-706.	2.3	36
70	Longer Sleep Durations Are Positively Associated With Finishing Place During a National Multiday Netball Competition. Journal of Strength and Conditioning Research, 2018, 32, 189-194.	2.1	36
71	How to manage travel fatigue and jet lag in athletes? A systematic review of interventions. British Journal of Sports Medicine, 2020, 54, 960-968.	6.7	36
72	A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. Biosensors, 2021, 11, 185.	4.7	36

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73	Cold water immersion attenuates anabolic signaling and skeletal muscle fiber hypertrophy, but not strength gain, following whole-body resistance training. Journal of Applied Physiology, 2019, 127, 1403-1418.	2.5	34
74	Nitrate supplementation and high-intensity performance in competitive cyclists. Applied Physiology, Nutrition and Metabolism, 2014, 39, 1043-1049.	1.9	33
75	Night Games and Sleep: Physiological, Neuroendocrine, and Psychometric Mechanisms. International Journal of Sports Physiology and Performance, 2018, 13, 867-873.	2.3	33
76	Confounding compression: the effects of posture, sizing and garment type on measured interface pressure in sports compression clothing. Journal of Sports Sciences, 2015, 33, 1403-1410.	2.0	32
77	Wrist-Based Photoplethysmography Assessment of Heart Rate and Heart Rate Variability: Validation of WHOOP. Sensors, 2021, 21, 3571.	3.8	31
78	Lying to Winâ€"Placebos and Sport Science. International Journal of Sports Physiology and Performance, 2013, 8, 597-599.	2.3	30
79	Changes in subjective mental and physical fatigue during netball games in elite development athletes. Journal of Science and Medicine in Sport, 2020, 23, 615-620.	1.3	30
80	Effect of contrast water therapy duration on recovery of cycling performance: a doseâ€"response study. European Journal of Applied Physiology, 2011, 111, 37-46.	2.5	29
81	The Effects of 4 Different Recovery Strategies on Repeat Sprint-Cycling Performance. International Journal of Sports Physiology and Performance, 2013, 8, 542-548.	2.3	29
82	Intra-individual variability in the sleep of senior and junior rugby league athletes during the competitive season. Chronobiology International, 2017, 34, 1239-1247.	2.0	29
83	Stealing sleep: is sport or society to blame?. British Journal of Sports Medicine, 2016, 50, 381-381.	6.7	24
84	Lower Limb Sports Compression Garments Improve Muscle Blood Flow and Exercise Performance During Repeated-Sprint Cycling. International Journal of Sports Physiology and Performance, 2018, 13, 882-890.	2.3	24
85	The Impact of Training Load on Sleep During a 14-Day Training Camp in Elite, Adolescent, Female Basketball Players. International Journal of Sports Physiology and Performance, 2020, 15, 724-730.	2.3	24
86	A Systematic Review on Fitness Testing in Adult Male Basketball Players: Tests Adopted, Characteristics Reported and Recommendations for Practice. Sports Medicine, 2022, 52, 1491-1532.	6.5	24
87	No Compromise of Competition Sleep Compared With Habitual Sleep in Elite Australian Footballers. International Journal of Sports Physiology and Performance, 2018, 13, 29-36.	2.3	23
88	Does the Time Frame Between Exercise Influence the Effectiveness of Hydrotherapy for Recovery?. International Journal of Sports Physiology and Performance, 2011, 6, 147-159.	2.3	22
89	Do players and staff sleep more during the preâ€•or competitive season of elite rugby league?. European Journal of Sport Science, 2017, 17, 964-972.	2.7	22
90	Effect of Compression Socks Worn Between Repeated Maximal Running Bouts. International Journal of Sports Physiology and Performance, 2017, 12, 621-627.	2.3	21

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91	Persistent Fatigue in a Female Sprint Cyclist After a Talent-Transfer Initiative. International Journal of Sports Physiology and Performance, 2006, 1, 65-69.	2.3	20
92	Nutrition for Travel: From Jet lag To Catering. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 228-235.	2.1	20
93	Influence of recovery strategies upon performance and perceptions following fatiguing exercise: a randomized controlled trial. BMC Sports Science, Medicine and Rehabilitation, 2017, 9, 25.	1.7	19
94	Effect of Body Composition on Physiological Responses to Cold-Water Immersion and the Recovery of Exercise Performance. International Journal of Sports Physiology and Performance, 2018, 13, 382-389.	2.3	19
95	Wearing compression socks during exercise aids subsequent performance. Journal of Science and Medicine in Sport, 2019, 22, 123-127.	1.3	19
96	Does Site Matter? Impact of Inertial Measurement Unit Placement on the Validity and Reliability of Stride Variables During Running: A Systematic Review and Meta-analysis. Sports Medicine, 2021, 51, 1449-1489.	6.5	19
97	Reliability of a 2-Bout Exercise Test on a Wattbike Cycle Ergometer. International Journal of Sports Physiology and Performance, 2014, 9, 340-345.	2.3	18
98	Evening electronic device use: The effects on alertness, sleep and next-day physical performance in athletes. Journal of Sports Sciences, 2018, 36, 162-170.	2.0	18
99	Effects of Sports Compression Socks on Performance, Physiological, and Hematological Alterations After Long-Haul Air Travel in Elite Female Volleyballers. Journal of Strength and Conditioning Research, 2019, 33, 492-501.	2.1	17
100	Cytokine Responses to Carbohydrate Ingestion During Recovery from Exercise-Induced Muscle Injury. Journal of Interferon and Cytokine Research, 2010, 30, 329-337.	1.2	16
101	Monitoring Athletes during Training Camps: Observations and Translatable Strategies from Elite Road Cyclists and Swimmers. Sports, 2018, 6, 63.	1.7	16
102	A Complex Relationship: Sleep, External Training Load, and Well-Being in Elite Australian Footballers. International Journal of Sports Physiology and Performance, 2020, 15, 777-787.	2.3	16
103	COVID-19 Lockdown: A Global Study Investigating the Effect of Athletesâ€™ Sport Classification and Sex on Training Practices. International Journal of Sports Physiology and Performance, 2022, 17, 1242-1256.	2.3	16
104	Influence of Contrast Shower and Water Immersion on Recovery in Elite Netballers. Journal of Strength and Conditioning Research, 2014, 28, 2353-2358.	2.1	15
105	Cold-Water Immersion and Contrast Water Therapy: No Improvement of Short-Term Recovery After Resistance Training. International Journal of Sports Physiology and Performance, 2017, 12, 886-892.	2.3	15
106	Obstructive sleep apnea in professional rugby league athletes: An exploratory study. Journal of Science and Medicine in Sport, 2020, 23, 1011-1015.	1.3	15
107	Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. International Journal of Sports Physiology and Performance, 2022, 17, 675-681.	2.3	15
108	Effect of Contrast Water Therapy Duration on Recovery of Running Performance. International Journal of Sports Physiology and Performance, 2012, 7, 130-140.	2.3	14

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109	Sleep Patterns and Alertness in an Elite Super Rugby Team During a Game Week. Journal of Human Kinetics, 2019, 67, 111-121.	1.5	14
110	The effects of transmeridian travel and altitude on sleep: preparation for football competition. Journal of Sports Science and Medicine, 2014, 13, 718-20.	1.6	14
111	Mental fatigue increases across a 16-week pre-season in elite female athletes. Journal of Science and Medicine in Sport, 2022, 25, 356-361.	1.3	14
112	Putting the Squeeze on Compression Garments: Current Evidence and Recommendations for Future Research: A Systematic Scoping Review. Sports Medicine, 2022, 52, 1141-1160.	6.5	14
113	Evening electronic device use and sleep patterns in athletes. Journal of Sports Sciences, 2019, 37, 864-870.	2.0	13
114	Stressed and Not Sleeping: Poor Sleep and Psychological Stress in Elite Athletes Prior to the Rio 2016 Olympic Games. International Journal of Sports Physiology and Performance, 2022, 17, 195-202.	2.3	13
115	How do elite female team sport athletes experience mental fatigue? Comparison between international competition, training and preparation camps. European Journal of Sport Science, 2022, 22, 877-887.	2.7	13
116	Impact of Cold-Water Immersion Compared with Passive Recovery Following a Single Bout of Strenuous Exercise on Athletic Performance in Physically Active Participants: A Systematic Review with Meta-analysis and Meta-regression. Sports Medicine, 2022, 52, 1667-1688.	6.5	13
117	The psychomotor vigilance test: a comparison of different test durations in elite athletes. Journal of Sports Sciences, 2018, 36, 2033-2037.	2.0	12
118	Impaired recovery is associated with increased injury and illness: A retrospective study of 536 female netball athletes. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 691-701.	2.9	12
119	Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep. Sports Medicine, 2022, 52, 417-426.	6.5	12
120	Sleep/Wake Behaviours in Elite Athletes from Three Different Football Codes. Journal of Sports Science and Medicine, 2017, 16, 604-605.	1.6	12
121	In-Season Nutrition Strategies and Recovery Modalities to Enhance Recovery for Basketball Players: A Narrative Review. Sports Medicine, 2022, 52, 971-993.	6.5	12
122	Sleep and Salivary Testosterone and Cortisol During a Short Preseason Camp: A Study in Professional Rugby Union. International Journal of Sports Physiology and Performance, 2019, 14, 796-804.	2.3	11
123	Psychological recovery: Progressive muscle relaxation (PMR), anxiety, and sleep in dancers. Performance Enhancement and Health, 2016, 4, 12-17.	1.6	10
124	Compression socks and the effects on coagulation and fibrinolytic activation during marathon running. European Journal of Applied Physiology, 2018, 118, 2171-2177.	2.5	10
125	Perceptions and use of recovery strategies: Do swimmers and coaches believe they are effective?. Journal of Sports Sciences, 2020, 38, 2092-2099.	2.0	10
126	Amazing Athletes With Ordinary Habits: Why Is Changing Behavior So Difficult?. International Journal of Sports Physiology and Performance, 2017, 12, 1273-1274.	2.3	9

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127	Core Temperature Responses to Cold-Water Immersion Recovery: A Pooled-Data Analysis. International Journal of Sports Physiology and Performance, 2018, 13, 917-925.	2.3	9
128	Influence of body composition on physiological responses to post-exercise hydrotherapy. Journal of Sports Sciences, 2018, 36, 1044-1053.	2.0	9
129	Reduced postâ€exercise muscle microvascular perfusion with compression is offset by increased muscle oxygen extraction: Assessment by contrastâ€enhanced ultrasound. FASEB Journal, 2021, 35, e21499.	0.5	9
130	Sports compression garments improve resting markers of venous return and muscle blood flow in male basketball players. Journal of Sport and Health Science, 2023, 12, 513-522.	6.5	9
131	Post-exercise cold water immersion: effect on core temperature and melatonin responses. European Journal of Applied Physiology, 2013, 113, 305-311.	2.5	8
132	Combining Research With â€œServicingâ€•to Enhance Sport Performance. International Journal of Sports Physiology and Performance, 2019, 14, 549-550.	2.3	8
133	Influence of Electronic Devices on Sleep and Cognitive Performance During Athlete Training Camps. Journal of Strength and Conditioning Research, 2019, Publish Ahead of Print, 1620-1627.	2.1	8
134	Mental Fatigue Over 2 Elite Netball Seasons: A Case for Mental Fatigue to be Included in Athlete Self-Report Measures. International Journal of Sports Physiology and Performance, 2022, 17, 160-169.	2.3	8
135	Sleep Regularity and Predictors of Sleep Efficiency and Sleep Duration in Elite Team Sport Athletes. Sports Medicine - Open, 2022, 8, .	3.1	8
136	Optimisation and Validation of a Nutritional Intervention to Enhance Sleep Quality and Quantity. Nutrients, 2020, 12, 2579.	4.1	7
137	Does Caffeine Consumption Influence Postcompetition Sleep in Professional Rugby League Athletes? A Case Study. International Journal of Sports Physiology and Performance, 2021, , 1-4.	2.3	7
138	Sleep Hygiene and Light Exposure Can Improve Performance Following Long-Haul Air Travel. International Journal of Sports Physiology and Performance, 2021, 16, 517-526.	2.3	7
139	Sleep at the helm: A case study of how a head coach sleeps compared to his team. International Journal of Sports Science and Coaching, 2017, 12, 782-789.	1.4	6
140	The Effect of Carbohydrate Ingestion Following Eccentric Resistance Exercise on AKT/mTOR and ERK Pathways: A Randomized, Double-Blinded, Crossover Study. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 664-670.	2.1	6
141	Is Doping-Free Sport a Utopia?. International Journal of Sports Physiology and Performance, 2013, 8, 1-3.	2.3	5
142	Effects of Various Recovery Strategies on Repeated Bouts of Simulated Intermittent Activity. Journal of Strength and Conditioning Research, 2019, 33, 1781-1794.	2.1	5
143	Compression enhances lowerâ€limb somatosensation in individuals with poor somatosensation, but impairs performance in individuals wth good somatosensation. Translational Sports Medicine, 2021, 4, 280-288.	1.1	5
144	The effects of cold water immersion on the amount and quality of sleep obtained by elite cyclists during a simulated hill climbing tour. Sport Sciences for Health, 2019, 15, 223-228.	1.3	4

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145	Resistance training upregulates skeletal muscle Na+, K+-ATPase content, with elevations in both Î±1 and Î±2, but not Î² isoforms. European Journal of Applied Physiology, 2020, 120, 1777-1785.	2.5	4
146	Consecutive Days of Racing Does Not Affect Sleep in Professional Road Cyclists. International Journal of Sports Physiology and Performance, 2022, 17, 495-498.	2.3	4
147	Validity and reliability of temperature measurement by heat flow thermistors, flexible thermocouple probes and thermistors in a stirred water bath. Physiological Measurement, 2011, 32, 1417-1424.	2.1	3
148	Pressure gradient differences between medical grade and sports compression socks. Journal of the Textile Institute, 2021, 112, 187-191.	1.9	3
149	Compression Socks Reduce Running-Induced Intestinal Damage. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	2.1	3
150	When Failure Is Not an Option: Creating Excellence in Sport Through Insights From Special Forces. International Journal of Sports Physiology and Performance, 2015, 10, 137-138.	2.3	2
151	High prevalence of poor sleep quality in athletes: Implications to staying healthy and performing. Journal of Science and Medicine in Sport, 2017, 20, e80.	1.3	2
152	Factories, Movies, and Sport Science. International Journal of Sports Physiology and Performance, 2021, 16, 1-2.	2.3	2
153	Business Class Travel Preserves Sleep Quality and Quantity and Minimizes Jet Lag During the ICC Womenâ€™s T20 World Cup. International Journal of Sports Physiology and Performance, 2021, 16, 1490-1501.	2.3	2
154	Neurofeedback as a Potential Nonpharmacological Treatment for Insomnia. Biofeedback, 2017, 45, 19-20.	0.3	2
155	Key viral immune genes and pathways identify elite athletes with URS. Exercise Immunology Review, 2020, 26, 56-78.	0.4	1
156	Adaptations to Training. , 0, , 49-137.		0
157	Bengt Saltinâ€”A Role Model for More than a Generation of Scientists. International Journal of Sports Physiology and Performance, 2014, 9, 897-898.	2.3	0
158	Stay healthy: Project outline, methodology and approach. Journal of Science and Medicine in Sport, 2017, 20, e79.	1.3	0
159	080â€…The prevalence of indicators of relative energy deficiency in sport (RED-S) in Australian elite and pre-elite female athletes. , 2021, , .		0