

Shona L Halson

List of Publications by Year in descending order

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Version: 2024-02-01

159
papers

9,230
citations

44042

48
h-index

46771

89
g-index

161
all docs

161
docs citations

161
times ranked

5928
citing authors

#	ARTICLE	IF	CITATIONS
1	Sports compression garments improve resting markers of venous return and muscle blood flow in male basketball players. <i>Journal of Sport and Health Science</i> , 2023, 12, 513-522.	3.3	9
2	Stressed and Not Sleeping: Poor Sleep and Psychological Stress in Elite Athletes Prior to the Rio 2016 Olympic Games. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 195-202.	1.1	13
3	Mental Fatigue Over 2 Elite Netball Seasons: A Case for Mental Fatigue to be Included in Athlete Self-Report Measures. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 160-169.	1.1	8
4	How do elite female team sport athletes experience mental fatigue? Comparison between international competition, training and preparation camps. <i>European Journal of Sport Science</i> , 2022, 22, 877-887.	1.4	13
5	Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep. <i>Sports Medicine</i> , 2022, 52, 417-426.	3.1	12
6	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. <i>Sports Medicine</i> , 2022, 52, 933-948.	3.1	78
7	Consecutive Days of Racing Does Not Affect Sleep in Professional Road Cyclists. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 495-498.	1.1	4
8	A Systematic Review on Fitness Testing in Adult Male Basketball Players: Tests Adopted, Characteristics Reported and Recommendations for Practice. <i>Sports Medicine</i> , 2022, 52, 1491-1532.	3.1	24
9	Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 675-681.	1.1	15
10	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. <i>Sports Medicine</i> , 2022, 52, 1667-1688.	3.1	13
11	Mental fatigue increases across a 16-week pre-season in elite female athletes. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 356-361.	0.6	14
12	Putting the Squeeze on Compression Garments: Current Evidence and Recommendations for Future Research: A Systematic Scoping Review. <i>Sports Medicine</i> , 2022, 52, 1141-1160.	3.1	14
13	In-Season Nutrition Strategies and Recovery Modalities to Enhance Recovery for Basketball Players: A Narrative Review. <i>Sports Medicine</i> , 2022, 52, 971-993.	3.1	12
14	Sleep Regularity and Predictors of Sleep Efficiency and Sleep Duration in Elite Team Sport Athletes. <i>Sports Medicine - Open</i> , 2022, 8, .	1.3	8
15	COVID-19 Lockdown: A Global Study Investigating the Effect of Athletes' Sport Classification and Sex on Training Practices. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1242-1256.	1.1	16
16	Pressure gradient differences between medical grade and sports compression socks. <i>Journal of the Textile Institute</i> , 2021, 112, 187-191.	1.0	3
17	Impaired recovery is associated with increased injury and illness: A retrospective study of 536 female netball athletes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 691-701.	1.3	12
18	Compression enhances lower limb somatosensation in individuals with poor somatosensation, but impairs performance in individuals with good somatosensation. <i>Translational Sports Medicine</i> , 2021, 4, 280-288.	0.5	5

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19	Factories, Movies, and Sport Science. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1-2.	1.1	2
20	How Much Sleep Does an Elite Athlete Need?. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1746-1757.	1.1	44
21	Does Caffeine Consumption Influence Postcompetition Sleep in Professional Rugby League Athletes? A Case Study. <i>International Journal of Sports Physiology and Performance</i> , 2021, , 1-4.	1.1	7
22	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. <i>Sports Medicine</i> , 2021, 51, 1449-1489.	3.1	19
23	Reduced post-exercise muscle microvascular perfusion with compression is offset by increased muscle oxygen extraction: Assessment by contrast-enhanced ultrasound. <i>FASEB Journal</i> , 2021, 35, e21499.	0.2	9
24	Sleep Hygiene and Light Exposure Can Improve Performance Following Long-Haul Air Travel. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 517-526.	1.1	7
25	Wrist-Based Photoplethysmography Assessment of Heart Rate and Heart Rate Variability: Validation of WHOOP. <i>Sensors</i> , 2021, 21, 3571.	2.1	31
26	A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. <i>Biosensors</i> , 2021, 11, 185.	2.3	36
27	To Nap or Not to Nap? A Systematic Review Evaluating Napping Behavior in Athletes and the Impact on Various Measures of Athletic Performance. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 841-862.	1.4	51
28	Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. <i>Sports Medicine</i> , 2021, 51, 2029-2050.	3.1	40
29	Business Class Travel Preserves Sleep Quality and Quantity and Minimizes Jet Lag During the ICC Women's T20 World Cup. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1490-1501.	1.1	2
30	Sleep and the athlete: narrative review and 2021 expert consensus recommendations. <i>British Journal of Sports Medicine</i> , 2021, 55, 356-368.	3.1	208
31	080...The prevalence of indicators of relative energy deficiency in sport (RED-S) in Australian elite and pre-elite female athletes. , 2021, , .		0
32	Changes in subjective mental and physical fatigue during netball games in elite development athletes. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 615-620.	0.6	30
33	A validation study of the WHOOP strap against polysomnography to assess sleep. <i>Journal of Sports Sciences</i> , 2020, 38, 2631-2636.	1.0	52
34	Optimisation and Validation of a Nutritional Intervention to Enhance Sleep Quality and Quantity. <i>Nutrients</i> , 2020, 12, 2579.	1.7	7
35	Perceptions and use of recovery strategies: Do swimmers and coaches believe they are effective?. <i>Journal of Sports Sciences</i> , 2020, 38, 2092-2099.	1.0	10
36	Obstructive sleep apnea in professional rugby league athletes: An exploratory study. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 1011-1015.	0.6	15

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37	Resistance training upregulates skeletal muscle Na ⁺ , K ⁺ -ATPase content, with elevations in both I ^{±1} and I ^{±2} , but not I ² isoforms. <i>European Journal of Applied Physiology</i> , 2020, 120, 1777-1785.	1.2	4
38	How to manage travel fatigue and jet lag in athletes? A systematic review of interventions. <i>British Journal of Sports Medicine</i> , 2020, 54, 960-968.	3.1	36
39	The Challenge of Maintaining Metabolic Health During a Global Pandemic. <i>Sports Medicine</i> , 2020, 50, 1233-1241.	3.1	67
40	A Complex Relationship: Sleep, External Training Load, and Well-Being in Elite Australian Footballers. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 777-787.	1.1	16
41	The Impact of Training Load on Sleep During a 14-Day Training Camp in Elite, Adolescent, Female Basketball Players. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 724-730.	1.1	24
42	Compression Socks Reduce Running-Induced Intestinal Damage. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	3
43	Key viral immune genes and pathways identify elite athletes with URS. <i>Exercise Immunology Review</i> , 2020, 26, 56-78.	0.4	1
44	Wearing compression socks during exercise aids subsequent performance. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 123-127.	0.6	19
45	The Effect of Carbohydrate Ingestion Following Eccentric Resistance Exercise on AKT/mTOR and ERK Pathways: A Randomized, Double-Blinded, Crossover Study. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 664-670.	1.0	6
46	Cold water immersion attenuates anabolic signaling and skeletal muscle fiber hypertrophy, but not strength gain, following whole-body resistance training. <i>Journal of Applied Physiology</i> , 2019, 127, 1403-1418.	1.2	34
47	Sleep Monitoring in Athletes: Motivation, Methods, Miscalculations and Why it Matters. <i>Sports Medicine</i> , 2019, 49, 1487-1497.	3.1	78
48	What is mental fatigue in elite sport? Perceptions from athletes and staff. <i>European Journal of Sport Science</i> , 2019, 19, 1367-1376.	1.4	76
49	Combining Research With "Servicing" to Enhance Sport Performance. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 549-550.	1.1	8
50	International Association of Athletics Federations Consensus Statement 2019: Nutrition for Athletics. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 73-84.	1.0	110
51	Effects of Sports Compression Socks on Performance, Physiological, and Hematological Alterations After Long-Haul Air Travel in Elite Female Volleyballers. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 492-501.	1.0	17
52	Influence of Electronic Devices on Sleep and Cognitive Performance During Athlete Training Camps. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, 1620-1627.	1.0	8
53	Sleep Patterns and Alertness in an Elite Super Rugby Team During a Game Week. <i>Journal of Human Kinetics</i> , 2019, 67, 111-121.	0.7	14
54	The effects of cold water immersion on the amount and quality of sleep obtained by elite cyclists during a simulated hill climbing tour. <i>Sport Sciences for Health</i> , 2019, 15, 223-228.	0.4	4

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55	Sleep and Salivary Testosterone and Cortisol During a Short Preseason Camp: A Study in Professional Rugby Union. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 796-804.	1.1	11
56	The application of mental fatigue research to elite team sport performance: New perspectives. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 723-728.	0.6	72
57	Evening electronic device use and sleep patterns in athletes. <i>Journal of Sports Sciences</i> , 2019, 37, 864-870.	1.0	13
58	Nutrition for Travel: From Jet lag To Catering. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 228-235.	1.0	20
59	Sleep-Related Issues for Recovery and Performance in Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 144-148.	1.1	42
60	Effects of Various Recovery Strategies on Repeated Bouts of Simulated Intermittent Activity. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1781-1794.	1.0	5
61	The psychomotor vigilance test: a comparison of different test durations in elite athletes. <i>Journal of Sports Sciences</i> , 2018, 36, 2033-2037.	1.0	12
62	Caffeine use in a Super Rugby game and its relationship to post-game sleep. <i>European Journal of Sport Science</i> , 2018, 18, 513-523.	1.4	42
63	Recovery and Performance in Sport: Consensus Statement. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 240-245.	1.1	350
64	Core Temperature Responses to Cold-Water Immersion Recovery: A Pooled-Data Analysis. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 917-925.	1.1	9
65	Night Games and Sleep: Physiological, Neuroendocrine, and Psychometric Mechanisms. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 867-873.	1.1	33
66	Lower Limb Sports Compression Garments Improve Muscle Blood Flow and Exercise Performance During Repeated-Sprint Cycling. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 882-890.	1.1	24
67	No Compromise of Competition Sleep Compared With Habitual Sleep in Elite Australian Footballers. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 29-36.	1.1	23
68	Evening electronic device use: The effects on alertness, sleep and next-day physical performance in athletes. <i>Journal of Sports Sciences</i> , 2018, 36, 162-170.	1.0	18
69	Presleep dietary protein-derived amino acids are incorporated in myofibrillar protein during postexercise overnight recovery. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2018, 314, E457-E467.	1.8	56
70	Influence of body composition on physiological responses to post-exercise hydrotherapy. <i>Journal of Sports Sciences</i> , 2018, 36, 1044-1053.	1.0	9
71	Laboratory and home comparison of wrist-activity monitors and polysomnography in middle-aged adults. <i>Sleep and Biological Rhythms</i> , 2018, 16, 85-97.	0.5	41
72	Prevalence of illness, poor mental health and sleep quality and low energy availability prior to the 2016 Summer Olympic Games. <i>British Journal of Sports Medicine</i> , 2018, 52, 47-53.	3.1	98

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73	Does self-perceived sleep reflect sleep estimated via activity monitors in professional rugby league athletes?. <i>Journal of Sports Sciences</i> , 2018, 36, 1492-1496.	1.0	44
74	Longer Sleep Durations Are Positively Associated With Finishing Place During a National Multiday Netball Competition. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 189-194.	1.0	36
75	Effect of Body Composition on Physiological Responses to Cold-Water Immersion and the Recovery of Exercise Performance. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 382-389.	1.1	19
76	Development of the athlete sleep behavior questionnaire: A tool for identifying maladaptive sleep practices in elite athletes. <i>Sleep Science</i> , 2018, 11, 37-44.	0.4	84
77	An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 538-561.	1.1	197
78	Can Sleep Be Used as an Indicator of Overreaching and Overtraining in Athletes?. <i>Frontiers in Physiology</i> , 2018, 9, 436.	1.3	41
79	Monitoring Athletes during Training Camps: Observations and Translatable Strategies from Elite Road Cyclists and Swimmers. <i>Sports</i> , 2018, 6, 63.	0.7	16
80	Compression socks and the effects on coagulation and fibrinolytic activation during marathon running. <i>European Journal of Applied Physiology</i> , 2018, 118, 2171-2177.	1.2	10
81	The influence of sleep hygiene education on sleep in professional rugby league athletes. <i>Sleep Health</i> , 2018, 4, 364-368.	1.3	43
82	The effects of intensified training on resting metabolic rate (RMR), body composition and performance in trained cyclists. <i>PLoS ONE</i> , 2018, 13, e0191644.	1.1	57
83	Software thresholds alter the bias of actigraphy for monitoring sleep in team-sport athletes. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 756-760.	0.6	37
84	Stay healthy: Project outline, methodology and approach. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, e79.	0.6	0
85	The Effects of the Removal of Electronic Devices for 48 Hours on Sleep in Elite Judo Athletes. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2832-2839.	1.0	52
86	Do players and staff sleep more during the pre- or competitive season of elite rugby league?. <i>European Journal of Sport Science</i> , 2017, 17, 964-972.	1.4	22
87	High prevalence of poor sleep quality in athletes: Implications to staying healthy and performing. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, e80.	0.6	2
88	A multifactorial evaluation of illness risk factors in athletes preparing for the Summer Olympic Games. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 745-750.	0.6	84
89	Team sport athletes'™ perceptions and use of recovery strategies: a mixed-methods survey study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2017, 9, 6.	0.7	49
90	Cold-Water Immersion and Contrast Water Therapy: No Improvement of Short-Term Recovery After Resistance Training. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 886-892.	1.1	15

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91	Protein Ingestion before Sleep Increases Overnight Muscle Protein Synthesis Rates in Healthy Older Men: A Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2017, 147, 2252-2261.	1.3	69
92	Intra-individual variability in the sleep of senior and junior rugby league athletes during the competitive season. <i>Chronobiology International</i> , 2017, 34, 1239-1247.	0.9	29
93	Greater Effect of East versus West Travel on Jet Lag, Sleep, and Team Sport Performance. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 2548-2561.	0.2	63
94	Sleep, sport, and the brain. <i>Progress in Brain Research</i> , 2017, 234, 13-31.	0.9	42
95	Sleep at the helm: A case study of how a head coach sleeps compared to his team. <i>International Journal of Sports Science and Coaching</i> , 2017, 12, 782-789.	0.7	6
96	Cold-Water Immersion for Athletic Recovery: One Size Does Not Fit All. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 2-9.	1.1	86
97	Effect of Compression Socks Worn Between Repeated Maximal Running Bouts. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 621-627.	1.1	21
98	Amazing Athletes With Ordinary Habits: Why Is Changing Behavior So Difficult?. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1273-1274.	1.1	9
99	Influence of recovery strategies upon performance and perceptions following fatiguing exercise: a randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2017, 9, 25.	0.7	19
100	Neurofeedback as a Potential Nonpharmacological Treatment for Insomnia. <i>Biofeedback</i> , 2017, 45, 19-20.	0.3	2
101	Sleep/Wake Behaviours in Elite Athletes from Three Different Football Codes. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 604-605.	0.7	12
102	Superior Inhibitory Control and Resistance to Mental Fatigue in Professional Road Cyclists. <i>PLoS ONE</i> , 2016, 11, e0159907.	1.1	157
103	The Chronotype of Elite Athletes. <i>Journal of Human Kinetics</i> , 2016, 54, 219-225.	0.7	75
104	Resistance Exercise Augments Postprandial Overnight Muscle Protein Synthesis Rates. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 2517-2525.	0.2	59
105	Wearable Technology for Athletes: Information Overload and Pseudoscience?. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 705-706.	1.1	36
106	Importance of Standardized DXA Protocol for Assessing Physique Changes in Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 259-267.	1.0	75
107	Physical Activity Performed in the Evening Increases the Overnight Muscle Protein Synthetic Response to Presleep Protein Ingestion in Older Men. <i>Journal of Nutrition</i> , 2016, 146, 1307-1314.	1.3	53
108	The validity of activity monitors for measuring sleep in elite athletes. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 848-853.	0.6	124

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109	Stealing sleep: is sport or society to blame?. British Journal of Sports Medicine, 2016, 50, 381-381.	3.1	24
110	Psychological recovery: Progressive muscle relaxation (PMR), anxiety, and sleep in dancers. Performance Enhancement and Health, 2016, 4, 12-17.	0.8	10
111	Sleep, anxiety and electronic device use by athletes in the training and competition environments. European Journal of Sport Science, 2016, 16, 301-308.	1.4	46
112	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.	1.1	2
113	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.	1.0	32
114	Stress, Sleep and Recovery in Elite Soccer: A Critical Review of the Literature. Sports Medicine, 2015, 45, 1387-1400.	3.1	181
115	Sleep Hygiene and Recovery Strategies in Elite Soccer Players. Sports Medicine, 2015, 45, 1547-1559.	3.1	79
116	Sleep/wake behaviour of endurance cyclists before and during competition. Journal of Sports Sciences, 2015, 33, 293-299.	1.0	74
117	Sleep/wake behaviours of elite athletes from individual and team sports. European Journal of Sport Science, 2015, 15, 94-100.	1.4	203
118	Understanding sleep disturbance in athletes prior to important competitions. Journal of Science and Medicine in Sport, 2015, 18, 13-18.	0.6	245
119	Monitoring Training Load to Understand Fatigue in Athletes. Sports Medicine, 2014, 44, 139-147.	3.1	1,008
120	The impact of training schedules on the sleep and fatigue of elite athletes. Chronobiology International, 2014, 31, 1160-1168.	0.9	211
121	Does Hydrotherapy Help or Hinder Adaptation to Training in Competitive Cyclists?. Medicine and Science in Sports and Exercise, 2014, 46, 1631-1639.	0.2	43
122	Evaluating the Kikuhime pressure monitor for use with sports compression clothing. Sports Engineering, 2014, 17, 55-60.	0.5	50
123	Sleep in Elite Athletes and Nutritional Interventions to Enhance Sleep. Sports Medicine, 2014, 44, 13-23.	3.1	295
124	Sleep quantity and quality in elite youth soccer players: A pilot study. European Journal of Sport Science, 2014, 14, 410-417.	1.4	61
125	Sleep or swim? Early morning training severely restricts the amount of sleep obtained by elite swimmers. European Journal of Sport Science, 2014, 14, S310-5.	1.4	191
126	Nitrate supplementation and high-intensity performance in competitive cyclists. Applied Physiology, Nutrition and Metabolism, 2014, 39, 1043-1049.	0.9	33

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127	Bengt Saltin "A Role Model for More than a Generation of Scientists. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 897-898.	1.1	0
128	Reliability of a 2-Bout Exercise Test on a Wattbike Cycle Ergometer. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 340-345.	1.1	18
129	Influence of Contrast Shower and Water Immersion on Recovery in Elite Netballers. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2353-2358.	1.0	15
130	The effects of transmeridian travel and altitude on sleep: preparation for football competition. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 718-20.	0.7	14
131	Post-exercise cold water immersion: effect on core temperature and melatonin responses. <i>European Journal of Applied Physiology</i> , 2013, 113, 305-311.	1.2	8
132	Effects of compression garments on recovery following intermittent exercise. <i>European Journal of Applied Physiology</i> , 2013, 113, 1585-1596.	1.2	42
133	Water Immersion Recovery for Athletes: Effect on Exercise Performance and Practical Recommendations. <i>Sports Medicine</i> , 2013, 43, 1101-1130.	3.1	176
134	Lying to Win "Placebos and Sport Science. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 597-599.	1.1	30
135	The Gender Gap in Sport Performance: Equity Influences Equality. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 99-103.	1.1	40
136	The Effects of 4 Different Recovery Strategies on Repeat Sprint-Cycling Performance. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 542-548.	1.1	29
137	Is Doping-Free Sport a Utopia?. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 1-3.	1.1	5
138	The Effects of Wearing Lower Body Compression Garments During a Cycling Performance Test. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 300-306.	1.1	36
139	Effect of Evening Postexercise Cold Water Immersion on Subsequent Sleep. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 1394-1402.	0.2	36
140	Effect of Contrast Water Therapy Duration on Recovery of Running Performance. <i>International Journal of Sports Physiology and Performance</i> , 2012, 7, 130-140.	1.1	14
141	Does the Time Frame Between Exercise Influence the Effectiveness of Hydrotherapy for Recovery?. <i>International Journal of Sports Physiology and Performance</i> , 2011, 6, 147-159.	1.1	22
142	Effect of contrast water therapy duration on recovery of cycling performance: a dose "response study. <i>European Journal of Applied Physiology</i> , 2011, 111, 37-46.	1.2	29
143	Validity and reliability of temperature measurement by heat flow thermistors, flexible thermocouple probes and thermistors in a stirred water bath. <i>Physiological Measurement</i> , 2011, 32, 1417-1424.	1.2	3
144	Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. <i>Journal of Applied Physiology</i> , 2010, 109, 126-134.	1.2	130

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145	Cytokine Responses to Carbohydrate Ingestion During Recovery from Exercise-Induced Muscle Injury. <i>Journal of Interferon and Cytokine Research</i> , 2010, 30, 329-337.	0.5	16
146	Effect of hydrotherapy on the signs and symptoms of delayed onset muscle soreness. <i>European Journal of Applied Physiology</i> , 2008, 102, 447-455.	1.2	222
147	Nutrition, sleep and recovery. <i>European Journal of Sport Science</i> , 2008, 8, 119-126.	1.4	138
148	Effect of cold water immersion on repeat cycling performance and thermoregulation in the heat. <i>Journal of Sports Sciences</i> , 2008, 26, 431-440.	1.0	114
149	Practical precooling: Effect on cycling time trial performance in warm conditions. <i>Journal of Sports Sciences</i> , 2008, 26, 1477-1487.	1.0	59
150	Physiological Responses to Cold Water Immersion Following Cycling in the Heat. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 331-346.	1.1	78
151	The effects of fatigue on decision making and shooting skill performance in water polo players. <i>Journal of Sports Sciences</i> , 2006, 24, 807-815.	1.0	162
152	Persistent Fatigue in a Female Sprint Cyclist After a Talent-Transfer Initiative. <i>International Journal of Sports Physiology and Performance</i> , 2006, 1, 65-69.	1.1	20
153	Does Overtraining Exist?. <i>Sports Medicine</i> , 2004, 34, 967-981.	3.1	354
154	Higher dietary carbohydrate content during intensified running training results in better maintenance of performance and mood state. <i>Journal of Applied Physiology</i> , 2004, 96, 1331-1340.	1.2	157
155	Effects of carbohydrate supplementation on performance and carbohydrate oxidation after intensified cycling training. <i>Journal of Applied Physiology</i> , 2004, 97, 1245-1253.	1.2	58
156	Effects of acute exhaustive exercise and chronic exercise training on type 1 and type 2 T lymphocytes. <i>Exercise Immunology Review</i> , 2004, 10, 91-106.	0.4	97
157	Immunological Responses to Overreaching in Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 854-861.	0.2	114
158	Time course of performance changes and fatigue markers during intensified training in trained cyclists. <i>Journal of Applied Physiology</i> , 2002, 93, 947-956.	1.2	214
159	Adaptations to Training. , 0, , 49-137.		0