Shona L Halson

List of Publications by Year
in descending order

159 papers	9,230 citations	43973 48 h-index	46693 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. Journal of Sport and Health Science, 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. International Journal of Sports Physiology and Performance, 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. International Journal of Sports Physiology and Performance, 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. European Journal of Sport Science, 2022, 22, 877-887.	1.4	13
5	Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep. Sports Medicine, 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. Sports Medicine, 2022, 52, 933-948.	3.1	78
7	Consecutive Days of Racing Does Not Affect Sleep in Professional Road Cyclists. International Journal of Sports Physiology and Performance, 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. Sports Medicine, 2022, 52, 1491-1532.	3.1	24
9	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.	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. Sports Medicine, 2022, 52, 1667-1688.	3.1	13
11	Mental fatigue increases across a 16-week pre-season in elite female athletes. Journal of Science and Medicine in Sport, 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. Sports Medicine, 2022, 52, 1141-1160.	3.1	14
13	In-Season Nutrition Strategies and Recovery Modalities to Enhance Recovery for Basketball Players: A Narrative Review. Sports Medicine, 2022, 52, 971-993.	3.1	12
14	Sleep Regularity and Predictors of Sleep Efficiency and Sleep Duration in Elite Team Sport Athletes. Sports Medicine - Open, 2022, 8, .	1.3	8
15	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.	1.1	16
16	Pressure gradient differences between medical grade and sports compression socks. Journal of the Textile Institute, 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. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 691-701.	1.3	12
18	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.	0.5	5

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19	Factories, Movies, and Sport Science. International Journal of Sports Physiology and Performance, 2021, 16, 1-2.	1.1	2
20	How Much Sleep Does an Elite Athlete Need?. International Journal of Sports Physiology and Performance, 2021, 16, 1746-1757.	1.1	44
21	Does Caffeine Consumption Influence Postcompetition Sleep in Professional Rugby League Athletes? A Case Study. International Journal of Sports Physiology and Performance, 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. Sports Medicine, 2021, 51, 1449-1489.	3.1	19
23	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.	0.2	9
24	Sleep Hygiene and Light Exposure Can Improve Performance Following Long-Haul Air Travel. International Journal of Sports Physiology and Performance, 2021, 16, 517-526.	1.1	7
25	Wrist-Based Photoplethysmography Assessment of Heart Rate and Heart Rate Variability: Validation of WHOOP. Sensors, 2021, 21, 3571.	2.1	31
26	A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. Biosensors, 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. Nature and Science of Sleep, 2021, Volume 13, 841-862.	1.4	51
28	Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. Sports Medicine, 2021, 51, 2029-2050.	3.1	40
29	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.	1.1	2
30	Sleep and the athlete: narrative review and 2021 expert consensus recommendations. British Journal of Sports Medicine, 2021, 55, 356-368.	3.1	208
31	080â€...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. Journal of Science and Medicine in Sport, 2020, 23, 615-620.	0.6	30
33	A validation study of the WHOOP strap against polysomnography to assess sleep. Journal of Sports Sciences, 2020, 38, 2631-2636.	1.0	52
34	Optimisation and Validation of a Nutritional Intervention to Enhance Sleep Quality and Quantity. Nutrients, 2020, 12, 2579.	1.7	7
35	Perceptions and use of recovery strategies: Do swimmers and coaches believe they are effective?. Journal of Sports Sciences, 2020, 38, 2092-2099.	1.0	10
36	Obstructive sleep apnea in professional rugby league athletes: An exploratory study. Journal of Science and Medicine in Sport, 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 Î±1 and Î±2, but not Î² isoforms. European Journal of Applied Physiology, 2020, 120, 1777-1785.	1.2	4
38	How to manage travel fatigue and jet lag in athletes? A systematic review of interventions. British Journal of Sports Medicine, 2020, 54, 960-968.	3.1	36
39	The Challenge of Maintaining Metabolic Health During a Global Pandemic. Sports Medicine, 2020, 50, 1233-1241.	3.1	67
40	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.	1.1	16
41	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.	1.1	24
42	Compression Socks Reduce Running-Induced Intestinal Damage. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	3
43	Key viral immune genes and pathways identify elite athletes with URS. Exercise Immunology Review, 2020, 26, 56-78.	0.4	1
44	Wearing compression socks during exercise aids subsequent performance. Journal of Science and Medicine in Sport, 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. International Journal of Sport Nutrition and Exercise Metabolism, 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. Journal of Applied Physiology, 2019, 127, 1403-1418.	1.2	34
47	Sleep Monitoring in Athletes: Motivation, Methods, Miscalculations and Why it Matters. Sports Medicine, 2019, 49, 1487-1497.	3.1	78
48	What is mental fatigue in elite sport? Perceptions from athletes and staff. European Journal of Sport Science, 2019, 19, 1367-1376.	1.4	76
49	Combining Research With â€œServicingâ€•to Enhance Sport Performance. International Journal of Sports Physiology and Performance, 2019, 14, 549-550.	1.1	8
50	International Association of Athletics Federations Consensus Statement 2019: Nutrition for Athletics. International Journal of Sport Nutrition and Exercise Metabolism, 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. Journal of Strength and Conditioning Research, 2019, 33, 492-501.	1.0	17
52	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.	1.0	8
53	Sleep Patterns and Alertness in an Elite Super Rugby Team During a Game Week. Journal of Human Kinetics, 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. Sport Sciences for Health, 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. International Journal of Sports Physiology and Performance, 2019, 14, 796-804.	1.1	11
56	The application of mental fatigue research to elite team sport performance: New perspectives. Journal of Science and Medicine in Sport, 2019, 22, 723-728.	0.6	72
57	Evening electronic device use and sleep patterns in athletes. Journal of Sports Sciences, 2019, 37, 864-870.	1.0	13
58	Nutrition for Travel: From Jet lag To Catering. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 228-235.	1.0	20
59	Sleep-Related Issues for Recovery and Performance in Athletes. International Journal of Sports Physiology and Performance, 2019, 14, 144-148.	1.1	42
60	Effects of Various Recovery Strategies on Repeated Bouts of Simulated Intermittent Activity. Journal of Strength and Conditioning Research, 2019, 33, 1781-1794.	1.0	5
61	The psychomotor vigilance test: a comparison of different test durations in elite athletes. Journal of Sports Sciences, 2018, 36, 2033-2037.	1.0	12
62	Caffeine use in a Super Rugby game and its relationship to postâ€game sleep. European Journal of Sport Science, 2018, 18, 513-523.	1.4	42
63	Recovery and Performance in Sport: Consensus Statement. International Journal of Sports Physiology and Performance, 2018, 13, 240-245.	1.1	350
64	Core Temperature Responses to Cold-Water Immersion Recovery: A Pooled-Data Analysis. International Journal of Sports Physiology and Performance, 2018, 13, 917-925.	1.1	9
65	Night Games and Sleep: Physiological, Neuroendocrine, and Psychometric Mechanisms. International Journal of Sports Physiology and Performance, 2018, 13, 867-873.	1.1	33
66	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.	1.1	24
67	No Compromise of Competition Sleep Compared With Habitual Sleep in Elite Australian Footballers. International Journal of Sports Physiology and Performance, 2018, 13, 29-36.	1.1	23
68	Evening electronic device use: The effects on alertness, sleep and next-day physical performance in athletes. Journal of Sports Sciences, 2018, 36, 162-170.	1.0	18
69	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.	1.8	56
70	Influence of body composition on physiological responses to post-exercise hydrotherapy. Journal of Sports Sciences, 2018, 36, 1044-1053.	1.0	9
71	Laboratory and home comparison of wrist-activity monitors and polysomnography in middle-aged adults. Sleep and Biological Rhythms, 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. British Journal of Sports Medicine, 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?. Journal of Sports Sciences, 2018, 36, 1492-1496.	1.0	44
74	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.	1.0	36
75	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.	1.1	19
76	Development of the athlete sleep behavior questionnaire: A tool for identifying maladaptive sleep practices in elite athletes. Sleep Science, 2018, 11, 37-44.	0.4	84
77	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.	1.1	197
78	Can Sleep Be Used as an Indicator of Overreaching and Overtraining in Athletes?. Frontiers in Physiology, 2018, 9, 436.	1.3	41
79	Monitoring Athletes during Training Camps: Observations and Translatable Strategies from Elite Road Cyclists and Swimmers. Sports, 2018, 6, 63.	0.7	16
80	Compression socks and the effects on coagulation and fibrinolytic activation during marathon running. European Journal of Applied Physiology, 2018, 118, 2171-2177.	1.2	10
81	The influence of sleep hygiene education on sleep in professional rugby league athletes. Sleep Health, 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. PLoS ONE, 2018, 13, e0191644.	1.1	57
83	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.	0.6	37
84	Stay healthy: Project outline, methodology and approach. Journal of Science and Medicine in Sport, 2017, 20, e79.	0.6	0
85	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.	1.0	52
86	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.	1.4	22
87	High prevalence of poor sleep quality in athletes: Implications to staying healthy and performing. Journal of Science and Medicine in Sport, 2017, 20, e80.	0.6	2
88	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.	0.6	84
89	Team sport athletesâ€™ perceptions and use of recovery strategies: a mixed-methods survey study. BMC Sports Science, Medicine and Rehabilitation, 2017, 9, 6.	0.7	49
90	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.	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. Journal of Nutrition, 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. Chronobiology International, 2017, 34, 1239-1247.	0.9	29
93	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.	0.2	63
94	Sleep, sport, and the brain. Progress in Brain Research, 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. International Journal of Sports Science and Coaching, 2017, 12, 782-789.	0.7	6
96	Cold-Water Immersion for Athletic Recovery: One Size Does Not Fit All. International Journal of Sports Physiology and Performance, 2017, 12, 2-9.	1.1	86
97	Effect of Compression Socks Worn Between Repeated Maximal Running Bouts. International Journal of Sports Physiology and Performance, 2017, 12, 621-627.	1.1	21
98	Amazing Athletes With Ordinary Habits: Why Is Changing Behavior So Difficult?. International Journal of Sports Physiology and Performance, 2017, 12, 1273-1274.	1.1	9
99	Influence of recovery strategies upon performance and perceptions following fatiguing exercise: a randomized controlled trial. BMC Sports Science, Medicine and Rehabilitation, 2017, 9, 25.	0.7	19
100	Neurofeedback as a Potential Nonpharmacological Treatment for Insomnia. Biofeedback, 2017, 45, 19-20.	0.3	2
101	Sleep/Wake Behaviours in Elite Athletes from Three Different Football Codes. Journal of Sports Science and Medicine, 2017, 16, 604-605.	0.7	12
102	Superior Inhibitory Control and Resistance to Mental Fatigue in Professional Road Cyclists. PLoS ONE, 2016, 11, e0159907.	1.1	157
103	The Chronotype of Elite Athletes. Journal of Human Kinetics, 2016, 54, 219-225.	0.7	75
104	Resistance Exercise Augments Postprandial Overnight Muscle Protein Synthesis Rates. Medicine and Science in Sports and Exercise, 2016, 48, 2517-2525.	0.2	59
105	Wearable Technology for Athletes: Information Overload and Pseudoscience?. International Journal of Sports Physiology and Performance, 2016, 11, 705-706.	1.1	36
106	Importance of Standardized DXA Protocol for Assessing Physique Changes in Athletes. International Journal of Sport Nutrition and Exercise Metabolism, 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. Journal of Nutrition, 2016, 146, 1307-1314.	1.3	53
108	The validity of activity monitors for measuring sleep in elite athletes. Journal of Science and Medicine in Sport, 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? Earlyâ€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 Saltinâ€"A Role Model for More than a Generation of Scientists. International Journal of Sports Physiology and Performance, 2014, 9, 897-898.	1.1	0
128	Reliability of a 2-Bout Exercise Test on a Wattbike Cycle Ergometer. International Journal of Sports Physiology and Performance, 2014, 9, 340-345.	1.1	18
129	Influence of Contrast Shower and Water Immersion on Recovery in Elite Netballers. Journal of Strength and Conditioning Research, 2014, 28, 2353-2358.	1.0	15
130	The effects of transmeridian travel and altitude on sleep: preparation for football competition. Journal of Sports Science and Medicine, 2014, 13, 718-20.	0.7	14
131	Post-exercise cold water immersion: effect on core temperature and melatonin responses. European Journal of Applied Physiology, 2013, 113, 305-311.	1.2	8
132	Effects of compression garments on recovery following intermittent exercise. European Journal of Applied Physiology, 2013, 113, 1585-1596.	1.2	42
133	Water Immersion Recovery for Athletes: Effect on Exercise Performance and Practical Recommendations. Sports Medicine, 2013, 43, 1101-1130.	3.1	176
134	Lying to Winâ€"Placebos and Sport Science. International Journal of Sports Physiology and Performance, 2013, 8, 597-599.	1.1	30
135	The Gender Gap in Sport Performance: Equity Influences Equality. International Journal of Sports Physiology and Performance, 2013, 8, 99-103.	1.1	40
136	The Effects of 4 Different Recovery Strategies on Repeat Sprint-Cycling Performance. International Journal of Sports Physiology and Performance, 2013, 8, 542-548.	1.1	29
137	Is Doping-Free Sport a Utopia?. International Journal of Sports Physiology and Performance, 2013, 8, 1-3.	1.1	5
138	The Effects of Wearing Lower Body Compression Garments During a Cycling Performance Test. International Journal of Sports Physiology and Performance, 2013, 8, 300-306.	1.1	36
139	Effect of Evening Postexercise Cold Water Immersion on Subsequent Sleep. Medicine and Science in Sports and Exercise, 2013, 45, 1394-1402.	0.2	36
140	Effect of Contrast Water Therapy Duration on Recovery of Running Performance. International Journal of Sports Physiology and Performance, 2012, 7, 130-140.	1.1	14
141	Does the Time Frame Between Exercise Influence the Effectiveness of Hydrotherapy for Recovery?. International Journal of Sports Physiology and Performance, 2011, 6, 147-159.	1.1	22
142	Effect of contrast water therapy duration on recovery of cycling performance: a doseâ€"response study. European Journal of Applied Physiology, 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. Physiological Measurement, 2011, 32, 1417-1424.	1.2	3
144	Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. Journal of Applied Physiology, 2010, 109, 126-134.	1.2	130

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