Nizar Souissi

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/7768643/publications.pdf

Version: 2024-02-01

190	6,932	94269	79541
papers	citations	37 h-index	73 g-index

196	196	196	6379
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Effects of COVID-19 Home Confinement on Eating Behaviour and Physical Activity: Results of the ECLB-COVID19 International Online Survey. Nutrients, 2020, 12, 1583.	1.7	1,414
2	COVID-19 Home Confinement Negatively Impacts Social Participation and Life Satisfaction: A Worldwide Multicenter Study. International Journal of Environmental Research and Public Health, 2020, 17, 6237.	1.2	301
3	Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: Insight from the ECLB-COVID19 multicenter study. Biology of Sport, 2021, 38, 9-21.	1.7	255
4	The Effect of Training at a Specific Time of Day. Journal of Strength and Conditioning Research, 2012, 26, 1984-2005.	1.0	215
5	Psychological consequences of COVID-19 home confinement: The ECLB-COVID19 multicenter study. PLoS ONE, 2020, 15, e0240204.	1.1	214
6	Effects of one night's sleep deprivation on anaerobic performance the following day. European Journal of Applied Physiology, 2003, 89, 359-366.	1.2	127
7	Globally altered sleep patterns and physical activity levels by confinement in 5056 individuals: ECLB COVID-19 international online survey. Biology of Sport, 2021, 38, 495-506.	1.7	124
8	The Effect of Ramadan Fasting on Physical Performances, Mood State and Perceived Exertion in Young Footballers. Asian Journal of Sports Medicine, 2011, 2, 177-85.	0.1	124
9	Effect of Time of Day on Aerobic Contribution to the 30â€s Wingate Test Performance. Chronobiology International, 2007, 24, 739-748.	0.9	119
10	Effect of Time of Day and Partial Sleep Deprivation on Shortâ€Term, Highâ€Power Output. Chronobiology International, 2008, 25, 1062-1076.	0.9	111
11	Effects of Time-of-Day and Partial Sleep Deprivation on Short-Term Maximal Performances of Judo Competitors. Journal of Strength and Conditioning Research, 2013, 27, 2473-2480.	1.0	106
12	The Effects of Music on High-intensity Short-term Exercise in Well Trained Athletes. Asian Journal of Sports Medicine, 2012, 3, 233-8.	0.1	103
13	Sleep Quality and Physical Activity as Predictors of Mental Wellbeing Variance in Older Adults during COVID-19 Lockdown: ECLB COVID-19 International Online Survey. International Journal of Environmental Research and Public Health, 2021, 18, 4329.	1.2	100
14	Effect of time of day and partial sleep deprivation on plasma concentrations of IL-6 during a short-term maximal performance. European Journal of Applied Physiology, 2013, 113, 241-248.	1.2	96
15	Diurnal Variation in Wingate-Test Performance and Associated Electromyographic Parameters. Chronobiology International, 2011, 28, 706-713.	0.9	92
16	The Effect of Strength Training at the Same Time of the Day on the Diurnal Fluctuations of Muscular Anaerobic Performances. Journal of Strength and Conditioning Research, 2012, 26, 217-225.	1.0	92
17	DIURNAL VARIATION IN WINGATE TEST PERFORMANCES: INFLUENCE OF ACTIVE WARM-UP. Chronobiology International, 2010, 27, 640-652.	0.9	90
18	The Effect of Training at the Same Time of Day and Tapering Period on the Diurnal Variation of Short Exercise Performances. Journal of Strength and Conditioning Research, 2012, 26, 697-708.	1.0	89

#	Article	IF	Citations
19	Effects of regular training at the same time of day on diurnal fluctuations in muscular performance. Journal of Sports Sciences, 2002, 20, 929-937.	1.0	84
20	Diurnal Variations of Plasma Homocysteine, Total Antioxidant Status, and Biological Markers of Muscle Injury During Repeated Sprint: Effect on Performance and Muscle Fatigueâ€"A Pilot Study. Chronobiology International, 2011, 28, 958-967.	0.9	79
21	Effects of Ramadan Intermittent Fasting on Sports Performance and Training: A Review. International Journal of Sports Physiology and Performance, 2009, 4, 419-434.	1.1	73
22	Effect of Ramadan on the Diurnal Variation in Shortâ€Term High Power Output. Chronobiology International, 2007, 24, 991-1007.	0.9	71
23	Diurnal Variations in Physical Performances Related to Football in Young Soccer Players. Asian Journal of Sports Medicine, 2012, 3, 139-44.	0.1	66
24	Effects of Partial Sleep Deprivation on Proinflammatory Cytokines, Growth Hormone, and Steroid Hormone Concentrations During Repeated Brief Sprint Interval Exercise. Chronobiology International, 2013, 30, 502-509.	0.9	63
25	The Effect of Training at a Specific Time-of-Day on the Diurnal Variations of Short-Term Exercise Performances in 10- to 11-Year-Old Boys. Pediatric Exercise Science, 2012, 24, 84-99.	0.5	61
26	Effects of Napping on Alertness, Cognitive, and Physical Outcomes of Karate Athletes. Medicine and Science in Sports and Exercise, 2019, 51, 338-345.	0.2	60
27	The effect of Ramadan fasting on the diurnal variations in aerobic and anaerobic performances in Tunisian youth soccer players. Biological Rhythm Research, 2012, 43, 177-190.	0.4	58
28	Effects of Ramadan on the Diurnal Variations of Repeated-Sprint Performance. International Journal of Sports Physiology and Performance, 2013, 8, 254-263.	1.1	58
29	Effect of Short-Term Maximal Exercise on Biochemical Markers of Muscle Damage, Total Antioxidant Status, and Homocysteine Levels in Football Players. Asian Journal of Sports Medicine, 2012, 3, 239-46.	0.1	58
30	Effects of Pomegranate Juice Supplementation on Oxidative Stress Biomarkers Following Weightlifting Exercise. Nutrients, 2017, 9, 819.	1.7	56
31	Effect of time of day and partial sleep deprivation on the reaction time and the attentional capacities of the handball goalkeeper. Biological Rhythm Research, 2014, 45, 183-191.	0.4	55
32	Pomegranate Supplementation Accelerates Recovery of Muscle Damage and Soreness and Inflammatory Markers after a Weightlifting Training Session. PLoS ONE, 2016, 11, e0160305.	1.1	55
33	The effect of partial sleep deprivation on the reaction time and the attentional capacities of the handball goalkeeper. Biological Rhythm Research, 2013, 44, 503-510.	0.4	50
34	Effect of Time-of-Day on Biochemical Markers in Response to Physical Exercise. Journal of Strength and Conditioning Research, 2017, 31, 272-282.	1.0	47
35	Aerobic and anaerobic determinants of repeated sprint ability in team sports athletes. Biology of Sport, 2015, 32, 207-212.	1.7	46
36	Effect of COVID-19-Related Home Confinement on Sleep Quality, Screen Time and Physical Activity in Tunisian Boys and Girls: A Survey. International Journal of Environmental Research and Public Health, 2021, 18, 3065.	1.2	45

#	Article	IF	Citations
37	COVID-19 Lockdowns: A Worldwide Survey of Circadian Rhythms and Sleep Quality in 3911 Athletes from 49 Countries, with Data-Driven Recommendations. Sports Medicine, 2022, 52, 1433-1448.	3.1	45
38	Time-of-day effects on biochemical responses to soccer-specific endurance in elite Tunisian football players. Journal of Sports Sciences, 2013, 31, 963-971.	1.0	43
39	Effects of pomegranate supplementation on exercise performance and post-exercise recovery in healthy adults: a systematic review. British Journal of Nutrition, 2018, 120, 1201-1216.	1.2	43
40	Effect of time-of-day of aerobic maximal exercise on the sleep quality of trained subjects. Biological Rhythm Research, 2012, 43, 323-330.	0.4	40
41	The effect of time-of-day and judo match on short-term maximal performances in judokas. Biological Rhythm Research, 2013, 44, 797-806.	0.4	40
42	Morning-to-evening difference of biomarkers of muscle injury and antioxidant status in young trained soccer players. Biological Rhythm Research, 2012, 43, 431-438.	0.4	39
43	Effect of Static and Dynamic Stretching on the Diurnal Variations of Jump Performance in Soccer Players. PLoS ONE, 2013, 8, e70534.	1.1	39
44	Caloric Restriction Effect on Proinflammatory Cytokines, Growth Hormone, and Steroid Hormone Concentrations during Exercise in Judokas. Oxidative Medicine and Cellular Longevity, 2015, 2015, 1-8.	1.9	36
45	Acute and delayed responses of C-reactive protein, malondialdehyde and antioxidant markers after resistance training session in elite weightlifters: Effect of time of day. Chronobiology International, 2015, 32, 1211-1222.	0.9	36
46	Does one night of partial sleep deprivation affect the evening performance during intermittent exercise in Taekwondo players?. Journal of Exercise Rehabilitation, 2016, 12, 47-53.	0.4	36
47	A 90 min Daytime Nap Opportunity Is Better Than 40 min for Cognitive and Physical Performance. International Journal of Environmental Research and Public Health, 2020, 17, 4650.	1.2	35
48	Concomitant Effects of Ramadan Fasting and Time-Of-Day on Apolipoprotein AI, B, Lp-a and Homocysteine Responses during Aerobic Exercise in Tunisian Soccer Players. PLoS ONE, 2013, 8, e79873.	1.1	35
49	Diurnal Variation of Short-Term Repetitive Maximal Performance and Psychological Variables in Elite Judo Athletes. Frontiers in Physiology, 2018, 9, 1499.	1.3	34
50	Melatonin ingestion after exhaustive late-evening exercise improves sleep quality and quantity, and short-term performances in teenage athletes. Chronobiology International, 2018, 35, 1281-1293.	0.9	34
51	Sleep deprivation affects post-lunch dip performances, biomarkers of muscle damage and antioxidant status. Biology of Sport, 2019, 36, 55-65.	1.7	34
52	Effects of partial sleep deprivation at the end of the night on anaerobic performances in judokas. Biological Rhythm Research, 2013, 44, 815-821.	0.4	31
53	Improved Physical Performance and Decreased Muscular and Oxidative Damage With Postlunch Napping After Partial Sleep Deprivation in Athletes. International Journal of Sports Physiology and Performance, 2020, 15, 874-883.	1.1	30
54	Does Ramadan fasting affect the diurnal variations in metabolic responses and total antioxidant capacity during exercise in young soccer players?. Sport Sciences for Health, 2014, 10, 97-104.	0.4	27

#	Article	IF	Citations
55	Morningâ€“evening difference of team-handball-related short-term maximal physical performances in female team handball players. Journal of Sports Sciences, 2017, 35, 912-920.	1.0	27
56	The effect of air pollution on diurnal variation of performance in anaerobic tests, cardiovascular and hematological parameters, and blood gases on soccer players following the Yoâ€“Yo Intermittent Recovery Test Level-1. Chronobiology International, 2017, 34, 903-920.	0.9	27
57	Listening to neutral or self-selected motivational music during warm-up to improve short-term maximal performance in soccer players: Effect of time of day. Physiology and Behavior, 2019, 204, 168-173.	1.0	27
58	Effects of Ramadan on the diurnal variations of physical performance and perceived exertion in adolescent soccer players. Biological Rhythm Research, 2013, 44, 869-875.	0.4	26
59	Time-of-Day Effects on EMG Parameters During the Wingate Test in Boys. Journal of Sports Science and Medicine, 2012, 11, 380-6.	0.7	26
60	Time-of-Day Effects on Short-Term Exercise Performances in 10- to 11-Year-Old Boys. Pediatric Exercise Science, 2010, 22, 613-623.	0.5	25
61	Effect of two types of partial sleep deprivation on Taekwondo playersâ€™ performance during intermittent exercise. Biological Rhythm Research, 2014, 45, 17-26.	0.4	24
62	Relationship between biomarkers of muscle damage and redox status in response to a weightlifting training session: effect of time-of-day. Acta Physiologica Hungarica, 2016, 103, 243-261.	0.9	24
63	Influence of warm-up duration and recovery interval prior to exercise on anaerobic performance. Biology of Sport, 2016, 33, 361-366.	1.7	24
64	The effect of post-lunch napping on mood, reaction time, and antioxidant defense during repeated sprint exercice.. Biology of Sport, 2021, 38, 629-638.	1.7	24
65	Diurnal variations on cognitive performances in handball goalkeepers. Biological Rhythm Research, 2014, 45, 93-101.	0.4	22
66	Effect of Acute Maximal Exercise on Circulating Levels of Interleukin-12 during Ramadan Fasting. Asian Journal of Sports Medicine, 2011, 2, 154-60.	0.1	22
67	Lockdown Duration and Training Intensity Affect Sleep Behavior in an International Sample of 1,454 Elite Athletes. Frontiers in Physiology, 0, 13, .	1.3	22
68	Effects of Ramadan fasting on male judokasâ€™ performances in specific and non-specific judo tasks. Biological Rhythm Research, 2013, 44, 645-654.	0.4	20
69	One night of partial sleep deprivation increased biomarkers of muscle and cardiac injuries during acute intermittent exercise. Journal of Sports Medicine and Physical Fitness, 2017, 57, 643-651.	0.4	20
70	Acute and delayed responses of steroidal hormones, blood lactate and biomarkers of muscle damage after a resistance training session: time-of-day effects. Journal of Sports Medicine and Physical Fitness, 2018, 58, 980-989.	0.4	20
71	Soccer-related performance in eumenorrheic Tunisian high-level soccer players: effects of menstrual cycle phase and moment of day. Journal of Sports Medicine and Physical Fitness, 2018, 58, 497-502.	0.4	20
72	Maximal power training induced different improvement in throwing velocity and muscle strength according to playing positions in elite male handball players. Biology of Sport, 2016, 33, 393-398.	1.7	19

#	Article	IF	Citations
73	Effects of time-of-day on oxidative stress, cardiovascular parameters, biochemical markers, and hormonal response following level-1 Yo-Yo intermittent recovery test. Physiology International, 2017, 104, 77-90.	0.8	19
74	Short versus long small-sided game training during Ramadan in soccer players. Physical Therapy in Sport, 2017, 24, 20-25.	0.8	18
75	The effect of time of day on hormonal responses to resistance exercise. Biological Rhythm Research, 2014, 45, 247-256.	0.4	17
76	Relation entre musique et performance sportiveÂ: vers une perspective complexe et dynamique. Science and Sports, 2015, 30, 119-125.	0.2	17
77	Effect of music on short-term maximal performance: sprinters vs. long distance runners. Sport Sciences for Health, 2017, 13, 213-216.	0.4	17
78	Natural pomegranate juice reduces inflammation, muscle damage and increase platelets blood levels in active healthy Tunisian aged men. Alexandria Journal of Medicine, 2018, 54, 45-48.	0.4	17
79	Total Sleep Deprivation and Recovery Sleep Affect the Diurnal Variation of Agility Performance: The Gender Differences. Journal of Strength and Conditioning Research, 2021, 35, 132-140.	1.0	17
80	EFFECT OF THE NUMBER OF SPRINT REPETITIONS ON THE VARIATION OF BLOOD LACTATE CONCENTRATION IN REPEATED SPRINT SESSIONS. Biology of Sport, 2014, 31, 151-156.	1.7	17
81	Effects of three types of chronobiotics on anaerobic performances and their diurnal variations. Biological Rhythm Research, 2013, 44, 245-254.	0.4	16
82	Effect of Ramadan intermittent fasting on cognitive, physical and biochemical responses to strenuous short-term exercises in elite young female handball players. Physiology and Behavior, 2021, 229, 113241.	1.0	16
83	Effect of nocturnal melatonin ingestion on short-term anaerobic performance in soccer players. Biological Rhythm Research, 2014, 45, 885-893.	0.4	15
84	The effect of the time-of-day of training during Ramadan on soccer playersâ€™ chronotype and mood states. Sport Sciences for Health, 2014, 10, 143-147.	0.4	15
85	Morning melatonin ingestion and diurnal variation of short-term maximal performances in soccer players. Acta Physiologica Hungarica, 2016, 103, 94-104.	0.9	15
86	Repeated-sprint training in the fasted state during Ramadan: morning or evening training?. Journal of Sports Medicine and Physical Fitness, 2018, 58, 990-997.	0.4	15
87	Change-of-Direction Performance in Elite Soccer Players: Preliminary Analysis According to Their Playing Positions. International Journal of Environmental Research and Public Health, 2020, 17, 8360.	1.2	15
88	Listening to Music during Warming-Up Counteracts the Negative Effects of Ramadan Observance on Short-Term Maximal Performance. PLoS ONE, 2015, 10, e0136400.	1.1	14
89	Does Ramadan fasting affect acylated ghrelin and growth hormone concentrations during short-term maximal exercise in the afternoon?. Biological Rhythm Research, 2015, 46, 691-701.	0.4	14
90	The effect of Opuntia ficusâ€indica juice supplementation on oxidative stress, cardiovascular parameters, and biochemical markers following yoâ€yo Intermittent recovery test. Food Science and Nutrition, 2018, 6, 259-268.	1.5	14

#	Article	IF	Citations
91	Possible gastrointestinal disorders for athletes during Ramadan: an overview. Biological Rhythm Research, 2018, 49, 51-60.	0.4	14
92	Physical, Biochemical, and Neuromuscular Responses to Repeated Sprint Exercise in Eumenorrheic Female Handball Players: Effect of Menstrual Cycle Phases. Journal of Strength and Conditioning Research, 2022, 36, 2268-2276.	1.0	14
93	Biochemical Responses to Level-1 Yo-Yo Intermittent Recovery Test in Young Tunisian Football Players. Asian Journal of Sports Medicine, 2012, 4, 23-8.	0.1	14
94	Effect of time-of-day and racial variation on short-term maximal performance. Biological Rhythm Research, 2013, 44, 787-796.	0.4	13
95	The effects of lunar cycle on the diurnal variations of short-term maximal performance, mood state, and perceived exertion. Chronobiology International, 2019, 36, 1249-1257.	0.9	13
96	Listening to motivational music during warming-up attenuates the negative effects of partial sleep deprivation on cognitive and short-term maximal performance: Effect of time of day. Chronobiology International, 2021, 38, 1052-1063.	0.9	13
97	Ramadan Observance Exacerbated the Negative Effects of COVID-19 Lockdown on Sleep and Training Behaviors: A International Survey on 1,681 Muslim Athletes. Frontiers in Nutrition, 0, 9, .	1.6	13
98	Effects of two types of partial sleep deprivation on hematological responses during intermittent exercise: A pilot study. Science and Sports, 2014, 29, 266-274.	0.2	12
99	Diurnal napping after partial sleep deprivation affected hematological and biochemical responses during repeated sprint. Biological Rhythm Research, 0, , 1-13.	0.4	12
100	Melatonin ingestion after exhaustive late-evening exercise attenuate muscle damage, oxidative stress, and inflammation during intense short term effort in the following day in teenage athletes. Chronobiology International, 2020, 37, 236-247.	0.9	12
101	A Thirty-Five-Minute Nap Improves Performance and Attention in the 5-m Shuttle Run Test during and outside Ramadan Observance. Sports, 2020, 8, 98.	0.7	12
102	Caffeine Use or Napping to Enhance Repeated Sprint Performance After Partial Sleep Deprivation: Why Not Both?. International Journal of Sports Physiology and Performance, 2021, 16, 711-718.	1.1	12
103	Effects of Ramadan fasting on body composition in athletes: a systematic review. Tunisie Medicale, 2019, 97, 1087-1094.	0.2	12
104	Rapid weight loss in the context of Ramadan observance: recommendations for judokas. Biology of Sport, 2016, 33, 407-413.	1.7	11
105	Melatonin supplementation ameliorates oxidative stress, antioxidant status and physical performances recovery during a soccer training camp. Biological Rhythm Research, 2020, 51, 441-452.	0.4	11
106	Effect of nocturnal melatonin intake on cellular damage and recovery from repeated sprint performance during an intensive training schedule. Chronobiology International, 2020, 37, 686-698.	0.9	11
107	Effects of 25-Min Nap Opportunity during Ramadan Observance on the 5-m Shuttle Run Performance and the Perception of Fatigue in Physically Active Men. International Journal of Environmental Research and Public Health, 2020, 17, 3135.	1.2	11
108	Effects of natural polyphenol-rich pomegranate juice on the acute and delayed response of Homocysteine and steroidal hormones following weightlifting exercises: a double-blind, placebo-controlled trial. Journal of the International Society of Sports Nutrition, 2020, 17, 15.	1.7	11

#	Article	IF	Citations
109	A daytime 40-min nap opportunity after a simulated late evening soccer match reduces the perception of fatigue and improves 5-m shuttle run performance. Research in Sports Medicine, 2022, 30, 502-515.	0.7	11
110	The effect of diurnal variation on the performance of exhaustive continuous and alternated-intensity cycling exercises. PLoS ONE, 2020, 15, e0244191.	1.1	11
111	Time-of-day effect on dart-throwing performance and the perception of the difficulty of the task in 9â€“10â€‰year-old boys. Biological Rhythm Research, 2014, 45, 523-532.	0.4	10
112	Diurnal variation in long- and short-duration exercise performance and mood states in boys. Sport Sciences for Health, 2014, 10, 183-187.	0.4	10
113	One night of partial sleep deprivation affects biomarkers of cardiac damage, but not cardiovascular and lipid profiles, in young athletes. Biological Rhythm Research, 2015, 46, 715-724.	0.4	10
114	Post-resistance training detraining: time-of-day effects on training and testing outcomes. Biological Rhythm Research, 2015, 46, 897-907.	0.4	10
115	Effect of time of day on soccer specific skills in children: psychological and physiological responses. Biological Rhythm Research, 2016, 47, 59-68.	0.4	10
116	Does red orange juice supplementation has a protective effect on performance, cardiovascular parameters, muscle damage and oxidative stress markers following the Yo-Yo Intermittent Recovery Test Level-1 under polluted air?. International Journal of Environmental Health Research, 2020, 30, 630-642.	1.3	10
117	Distance Motor Learning during the COVID-19 Induced Confinement: Video Feedback with a Pedagogical Activity Improves the Snatch Technique in Young Athletes. International Journal of Environmental Research and Public Health, 2021, 18, 3069.	1.2	10
118	The effect of Ramadan fasting on the morningâ€“evening difference in team-handball-related short-term maximal physical performances in elite female team-handball players. Chronobiology International, 2021, 38, 1488-1499.	0.9	10
119	Effects of Ramadan intermittent fasting on postural control in judo athletes. Biological Rhythm Research, 2013, 44, 237-244.	0.4	9
120	Effect of a Moderate-Intensity Aerobic Exercise on Estimates of Egocentric Distance. Perceptual and Motor Skills, 2013, 116, 658-670.	0.6	9
121	Time-of-day and warm-up durations effects on thermoregulation and anaerobic performance in moderate conditions. Biological Rhythm Research, 2014, 45, 495-508.	0.4	9
122	Mental skills comparison between elite sprint and endurance track and field runners according to their genetic polymorphism: a pilot study. Journal of Sports Medicine and Physical Fitness, 2017, 57, 1217-1226.	0.4	9
123	The effect of music on short-term exercise performance during the different menstrual cycle phases in female handball players. Research in Sports Medicine, 2022, 30, 50-60.	0.7	9
124	Does lunar cycle affect biological parameters in young healthy men?. Chronobiology International, 2021, 38, 933-940.	0.9	9
125	Nap Opportunity As a Strategy to Improve Short-Term Repetitive Maximal Performance During the 5-m Shuttle Run Test: A Brief Review. International Journal of Sport Studies for Health, 2019, 2, .	0.3	9
126	Can caffeine supplementation reverse the impact of time of day on cognitive and short-term high intensity performances in young female handball players?. Chronobiology International, 2022, 39, 1144-1155.	0.9	9

#	Article	IF	Citations
127	Warm-up durations and time-of-day impacts on rate of perceived exertion after short-term maximal performance. Biological Rhythm Research, 2014, 45, 257-265.	0.4	8
128	Effect of melatonin ingestion on physical performance, metabolic responses, and recovery after an intermittent training session. Physiology International, 2018, 105, 358-370.	0.8	8
129	Effect of melatonin on inflammatory response to prolonged exercise. Biological Rhythm Research, 2020, 51, 560-565.	0.4	8
130	Effect of listening to synchronous versus motivational music during warm-up on the diurnal variation of short-term maximal performance and subjective experiences. Chronobiology International, 2020, 37, 1611-1620.	0.9	8
131	Information Processing and Technical Knowledge Contribute to Self-Controlled Video Feedback for Children Learning the Snatch Movement in Weightlifting. Perceptual and Motor Skills, 2021, 128, 1785-1805.	0.6	8
132	Biological Responses to Short-Term Maximal Exercise in Male Police Officers. American Journal of Men's Health, 2021, 15, 155798832110409.	0.7	8
133	The Impact of Partial Sleep Deprivation on the Diurnal Variations of Cognitive Performance in Trained Subjects. Procedia, Social and Behavioral Sciences, 2013, 82, 392-396.	0.5	7
134	Effect of active warm-up duration on morning short-term maximal performance during Ramadan. Libyan Journal of Medicine, 2015, 10, 26229.	0.8	7
135	The Effect of Experimental Recuperative and Appetitive Post-lunch Nap Opportunities, With or Without Caffeine, on Mood and Reaction Time in Highly Trained Athletes. Frontiers in Psychology, 2021, 12, 720493.	1.1	7
136	The Effects of Three Correction Strategies of Errors on the Snatch Technique in 10â€“12-Year-Old Children. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	7
137	Comparison of Recovery Strategies on Maximal Force-Generating Capacity and Electromyographic Activity Level of the Knee Extensor Muscles. Journal of Athletic Training, 2011, 46, 386-394.	0.9	6
138	The effect of Ramadan intermittent fasting on dynamic postural control in judo athletes. Biological Rhythm Research, 2014, 45, 27-36.	0.4	6
139	Does Increasing Active Warm-Up Duration Affect Afternoon Short-Term Maximal Performance during Ramadan?. PLoS ONE, 2015, 10, e0116809.	1.1	6
140	Effect of sport practice and warm-up duration on the morningâ€“evening difference in anaerobic exercise performance and perceptual responses to it. Biological Rhythm Research, 2015, 46, 497-509.	0.4	6
141	Effects of Melatonin Ingestion Before Nocturnal Sleep on Postural Balance and Subjective Sleep Quality in Older Adults. Journal of Aging and Physical Activity, 2019, 27, 316-324.	0.5	6
142	Effect of acute melatonin administration on physiological response to prolonged exercise. Biological Rhythm Research, 2020, 51, 980-987.	0.4	6
143	Effects of melatonin ingestion on physical performance and biochemical responses following exhaustive running exercise in soccer players. Biology of Sport, 2022, 39, 473-479.	1.7	6
144	RythmicitÃ© biologique circadienne et performances anaÃ©robies. Science Et Motricite, 2004, , 39-55.	0.3	6

#	Article	IF	Citations
145	Diurnal variations of cognitive performances in Tunisian children. Biological Rhythm Research, 2014, 45, 61-67.	0.4	5
146	Does post-warm-up rest interval affect the diurnal variation of 30-s Wingate cycle ergometry?. Biological Rhythm Research, 2015, 46, 949-963.	0.4	5
147	Opuntia ficus-indicajuice supplementation: what role it plays on diurnal variation of short-term maximal exercise?. Biological Rhythm Research, 2017, 48, 315-330.	0.4	5
148	The effect of strength training by electrostimulation at a specific time of day on immune response and anaerobic performances during short-term maximal exercise. Biological Rhythm Research, 2017, 48, 157-174.	0.4	5
149	Agility performance variation from morning to evening: dynamic stretching warm-up impacts performance and its diurnal amplitude. Biological Rhythm Research, 2020, 51, 509-521.	0.4	5
150	Effects of natural polyphenol-rich pomegranate juice supplementation on plasma ion and lipid profiles following resistance exercise: a placebo-controlled trial. Nutrition and Metabolism, 2020, 17, 31.	1.3	5
151	Racial variation of aerobic and anaerobic performances in sedentary men. Open Journal of Internal Medicine, 2012, 02, 129-133.	0.1	4
152	The challenge of rapid weight loss prior to competition for Muslim combat sport athletes during Ramadan. Biological Rhythm Research, 2013, 44, 876-884.	0.4	4
153	EFFECTS OF RECOVERY TYPE ON JUDOKAS' SHORT-TERM MAXIMAL PERFORMANCES DURING A SIMULATED COMPETITION. British Journal of Sports Medicine, 2013, 47, e3.8-e3.	3.1	4
154	Diurnal variation of cognitive performance and perceived difficulty in dart-throwing performance in 9â€“10-year-old boys. Biological Rhythm Research, 0, , 1-13.	0.4	4
155	Diurnal variation and weekly pattern on physical performance in Tunisian children. Science and Sports, 2015, 30, 41-46.	0.2	4
156	The effect of training at the same time-of-day on the diurnal variations of technical ability and swimming performance. Biological Rhythm Research, 2016, 47, 447-461.	0.4	4
157	Improvement of Physical Performance Following a 6 Week Change-of-Direction Training Program in Elite Youth Soccer Players of Different Maturity Levels. Frontiers in Physiology, 2021, 12, 668437.	1.3	4
158	Acute Effects of Moderate versus High-Intensity Strength Exercise on Attention and Mood States in Female Physical Education Students. Life, 2021, 11, 931.	1.1	4
159	Effect of difficulty manipulation strategies on acquisition, retention and associated perceptions in fine motor coordination task learning in young school boys. Physical Activity Review, 0, 6, 100-109.	0.6	4
160	Does warming up with different music tempos affect physical and psychological responses? The evidence from a chronobiological study. Journal of Sports Medicine and Physical Fitness, 2022, 62, .	0.4	4
161	Effects of daytime ingestion of melatonin on heart rate response during prolonged exercise. Movement and Sports Sciences - Science Et Motricite, 2022, , 25-32.	0.2	4
162	The video feedback viewing in novice weightlifters: Total control strategy improves snatch technique during learning. International Journal of Sports Science and Coaching, 2022, 17, 1408-1417.	0.7	4

#	Article	IF	Citations
163	Melatonin Ingestion Prevents Liver Damage and Improves Biomarkers of Renal Function Following a Maximal Exercise. Research Quarterly for Exercise and Sport, 2023, 94, 869-879.	0.8	4
164	Exergaming During Ramadan Intermittent Fasting Improve Body Composition as Well as Physiological and Psychological Responses to Physical Exercise in Adolescents With Obesity. Frontiers in Nutrition, 0, 9, .	1.6	4
165	Diurnal variation in stroke parameters and motor organization in front-crawl swimmers. Biological Rhythm Research, 2015, 46, 887-895.	0.4	3
166	The effect of time of day and recovery type after a football game on muscle damage and performance in anaerobic tests on young soccer players. Biological Rhythm Research, 2016, 47, 797-814.	0.4	3
167	Time-of-day effects in physical performances and psychological responses in young elite male handball players. Biological Rhythm Research, 2022, 53, 1261-1272.	0.4	3
168	Effect of partial sleep deprivation and racial variation on short-term maximal performance. Biological Rhythm Research, 2014, , 1-10.	0.4	2
169	Difficulty-manipulation-based learning effects on throwing performances and achievement goals in young boys. Acta Gymnica, 0, 51, .	1.1	2
170	The Effects of Exercise Difficulty and Time-of-Day on the Perception of the Task and Soccer Performance in Child Soccer Players. Children, 2021, 8, 793.	0.6	2
171	Repercussions of behavior of Cooperative Teacherâ€™s on health and attractiveness of Tunisian Student Teachers. Fizieskoe Vospitanie Studentov, 2018, 22, 104.	0.9	2
172	EFFECT OF DIFFERING EXERCISE INTENSITIES ON THE RESPONSE TIME OF GYMNASTS AND NON-GYMNASTS IN 3D CUBE MENTAL ROTATION TASK. Science of Gymnastics Journal, 2021, 13, .	0.2	2
173	Longer Nap Duration During Ramadan Observance Positively Impacts 5-m Shuttle Run Test Performance Performed in the Afternoon. Frontiers in Physiology, 2022, 13, 811435.	1.3	2
174	Partial sleep restriction impairs static postural control in elite judo athletes. Biological Rhythm Research, 2022, 53, 653-664.	0.4	1
175	The Effects of the Socialization of Physical Education Teachers on Their Modes of Interaction With Students in Tunisian Schools. Frontiers in Sociology, 2021, 6, 747092.	1.0	1
176	Optimizing Motor Learning: Difficulty Manipulation Combined with Feedback- Frequency Enhance Under-Time-Pressure Fine-Motor-Coordination Skill Acquisition and Retention. Journal of Motor Behavior, 2022, 54, 490-502.	0.5	1
177	Effects of Hatha yoga on cognitive functions in the elderly: a cross-sectional study. Libyan Journal of Medicine, 2022, 17, .	0.8	1
178	Ã‰ducation physique et sportiveÂ: effet sur les performances cognitives dâ€™Ã©coliers tunisiens. Enfance, 2016, 2016, 315-327.	0.1	0
179	Comment on â€œInterrelationship between Sleep and Exercise: A Systematic Reviewâ€• Advances in Preventive Medicine, 2017, 2017, 1-1.	1.1	0
180	Effect of time of day on foot performance. Biological Rhythm Research, 0, , 1-8.	0.4	0

#	Article	IF	Citations
181	The effect of matinal active walking on cognitive, fine motor coordination task performances and perceived difficulty in 12-13 young school boys. Motriz Revista De Educacao Fisica, 2018, 24, .	0.3	0
182	Seasonal Differences in the Occurrence of Exercise-Induced Bronchoconstriction in Healthy School Children: Dependence on Climatic Factors. Pediatric, Allergy, Immunology, and Pulmonology, 2018, 31, 132-138.	0.3	0
183	Foot preference across the lifespan: Effects of target location and task complexity. International Journal of Behavioral Development, 2019, 43, 238-244.	1.3	0
184	Effect of air pollution and time of day on performance, heart rate hematological parameters and blood gases, following the YYIRT-1 in smoker and non-smoker soccer players. Science and Sports, 2019, 34, e195-e208.	0.2	0
185	Intraday variation in short-term maximal performance: effects of different warm-up modalities. Sport Sciences for Health, 2021, 17, 607-614.	0.4	0
186	The Effects of Manipulating Task Difficulty and Feedback Frequency on Childrenâ€™s Dart Throwing Accuracy and Consistency. Perceptual and Motor Skills, 2021, 128, 2787-2804.	0.6	0
187	Effect of time-of-day on freestyle flip turn performance: influence on 50 m event. Biological Rhythm Research, 0, , 1-13.	0.4	0
188	Are schoolchildren respiratory symptoms related to ambient temperature?. , 2016, , .		0
189	Formative Assessment: Exploring Tunisian Cooperative Teachers Practices in Physical Education. Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports, 2017, 21, 227.	0.4	0
190	The effect of two weeks Opuntia ficus-indica juice supplementation on heart rate and anaerobic performance. Medicina Dello Sport, 2018, 70, .	0.1	0