

# Michele Lastella

## List of Publications by Year in descending order

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Version: 2024-02-01

80  
papers

2,140  
citations

346980

22  
h-index

299063

42  
g-index

82  
all docs

82  
docs citations

82  
times ranked

1876  
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparing Sleep in Shared and Individual Rooms During Training Camps in Elite Youth Soccer Players: A Short Report. <i>Journal of Athletic Training</i> , 2023, 58, 79-83.	0.9	2
2	The influence of training and competition on sleep behaviour of soccer referees. <i>Science and Medicine in Football</i> , 2022, 6, 98-104.	1.0	3
3	Sleep duration and quality are associated with nutrient intake in elite female athletes. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 345-350.	0.6	10
4	Evening Whey Protein Intake, Rich in Tryptophan, and Sleep in Elite Male Australian Rules Football Players on Training and Nontraining Days. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 82-88.	1.0	2
5	The relationships between physical fitness attributes and match demands in rugby union referees officiating the 2019 Rugby World Cup. <i>International Journal of Performance Analysis in Sport</i> , 2022, 22, 183-194.	0.5	2
6	Low sleep quality and morningness-eveningness scale score may impair ball placement but not kicking velocity in youth academy soccer players. <i>Science and Medicine in Football</i> , 2022, 6, 528-538.	1.0	6
7	Player chronotype does not affect shooting accuracy at different times of the day in a professional, male basketball team: a pilot study. <i>Sleep Science</i> , 2022, 15, 149-155.	0.4	4
8	Sleeping together: understanding the association between relationship type, sexual activity, and sleep. <i>Sleep Science</i> , 2022, 15, 80-88.	0.4	4
9	Sleep-Wake Behaviour of 200-Mile Ultra-Marathon Competitors: A Case Study. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 3006.	1.2	4
10	The Impact of Sleep Inertia on Physical, Cognitive, and Subjective Performance Following a 1- or 2-Hour Afternoon Nap in Semiprofessional Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1140-1150.	1.1	4
11	Sleep and sexual satisfaction in couples with matched and mismatched chronotypes: A dyadic cross-sectional study. <i>Chronobiology International</i> , 2022, 39, 1249-1255.	0.9	2
12	Running on Empty: Self-Reported Sleep/Wake Behaviour during Ultra-Marathon Events Exceeding 100 Miles. <i>European Journal of Investigation in Health, Psychology and Education</i> , 2022, 12, 792-801.	1.1	2
13	Nutrient intake, meal timing and sleep in elite male Australian football players. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 7-12.	0.6	21
14	The Impact of Self-Reported Sleep Quantity on Perceived Decision-Making in Sports Officials During a Competitive Season. <i>Research Quarterly for Exercise and Sport</i> , 2021, 92, 156-169.	0.8	6
15	On-field movements, heart rate responses and perceived exertion of lead referees in Rugby World Cup matches, 2019. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 386-390.	0.6	4
16	How Much Sleep Does an Elite Athlete Need?. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1746-1757.	1.1	44
17	Sleep Characteristics and Mood of Professional Esports Athletes: A Multi-National Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 664.	1.2	22
18	Sleep Indices and Cardiac Autonomic Activity Responses during an International Tournament in a Youth National Soccer Team. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2076.	1.2	12

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19	The Sleep of Elite Australian Rules Footballers During Preseason: A Comparison of Men and Women. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 641-646.	1.1	8
20	A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. <i>Biosensors</i> , 2021, 11, 185.	2.3	36
21	The effects of Ramadan intermittent fasting on sleep-wake behaviour and daytime sleepiness in team sport referees. <i>Journal of Sports Sciences</i> , 2021, 39, 2411-2417.	1.0	3
22	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
23	Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. <i>Sports Medicine</i> , 2021, 51, 2029-2050.	3.1	40
24	An Individualized Intervention Increases Sleep Duration in Professional Athletes. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 3407-3413.	1.0	2
25	Understanding Australian female chiropractors' experiences of inappropriate patient sexual behaviour: a study using Interpretive Phenomenological Analysis. <i>Chiropractic &amp; Manual Therapies</i> , 2021, 29, 36.	0.6	1
26	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
27	Implementing a Circadian Adaptation Schedule after Eastward Flight in Young Male Athletes. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 9962.	1.3	1
28	The Impact of Chronotype on the Sleep and Training Responses of Elite Female Australian Footballers. <i>Clocks &amp; Sleep</i> , 2021, 3, 528-535.	0.9	3
29	The mind games have already started: An in-depth examination of trash talking in Counter-Strike: Global Offensive esports using practice theory. <i>Journal of Gaming and Virtual Worlds</i> , 2021, 13, 173-194.	0.1	4
30	Player Chronotype Does Not Affect In-Game Performance during the Evening (>18:00 h) in Professional Male Basketball Players. <i>Clocks &amp; Sleep</i> , 2021, 3, 615-623.	0.9	2
31	Are elite track and field athletes on track? The impact of COVID-19 outbreak on sleep behavior and training characteristics. <i>Biology of Sport</i> , 2021, 38, 741-751.	1.7	10
32	Moderate-intensity exercise performed in the evening does not impair sleep in healthy males. <i>European Journal of Sport Science</i> , 2020, 20, 80-89.	1.4	25
33	A review of pregnancy information on nutrition, physical activity and sleep websites. <i>Women and Birth</i> , 2020, 33, 35-40.	0.9	23
34	Exercise before bed does not impact sleep inertia in young healthy males. <i>Journal of Sleep Research</i> , 2020, 29, e12903.	1.7	4
35	Sea-level playing fields: an exploration of the histories of beach soccer and its practices within one specific context, the Australian beach. <i>Soccer and Society</i> , 2020, 21, 289-298.	0.9	2
36	Electronic device use in bed reduces sleep duration and quality in adults. <i>Sleep and Biological Rhythms</i> , 2020, 18, 121-129.	0.5	23

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37	Coach Education and Positive Youth Development as a Means of Improving Australian Sport. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 591633.	0.9	10
38	Are prolonged sitting and sleep restriction a dual curse for the modern workforce? a randomised controlled trial protocol. <i>BMJ Open</i> , 2020, 10, e040613.	0.8	5
39	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
40	Psycho-behavioral momentum: Golf matchplay players' perspectives. <i>Journal of Applied Sport Psychology</i> , 2020, , 1-17.	1.4	1
41	Varieties of (Un)sportsmanlike Conduct in the FPS Esports Genre: A Taxonomic Classification of "Esportsmanship". <i>Journal of Global Sport Management</i> , 2020, , 1-21.	1.2	5
42	Global Research Output on Sleep Research in Athletes from 1966 to 2019: A Bibliometric Analysis. <i>Clocks &amp; Sleep</i> , 2020, 2, 99-119.	0.9	23
43	An exploration of goal scoring strategies in an elite beach soccer tournament. <i>Science and Medicine in Football</i> , 2020, 4, 192-195.	1.0	3
44	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
45	The Isometric Midthigh Pull in Basketball: An Effective Predictor of Sprint and Jump Performance in Male, Adolescent Players. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 409-415.	1.1	6
46	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
47	Analyzing changes in respiratory rate to predict the risk of COVID-19 infection. <i>PLoS ONE</i> , 2020, 15, e0243693.	1.1	112
48	Wakeup Call: Reviewing the Effects of Sleep on Decision-Making in Athletes and Implications for Sports Officials. <i>Montenegrin Journal of Sports Science and Medicine</i> , 2020, 9, 65-71.	0.3	5
49	Australian Beach Soccer: Tracing Paradoxical Narratives. , 2020, , 181-194.		0
50	Individualized sleep education improves subjective and objective sleep indices in elite cricket athletes: A pilot study. <i>Journal of Sports Sciences</i> , 2019, 37, 2021-2025.	1.0	33
51	Sex and Sleep: Perceptions of Sex as a Sleep Promoting Behavior in the General Adult Population. <i>Frontiers in Public Health</i> , 2019, 7, 33.	1.3	21
52	Working Overtime: The Effects of Overtime Periods on Game Demands in Basketball Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1331-1337.	1.1	18
53	Travel fatigue and sleep/wake behaviors of professional soccer players during international competition. <i>Sleep Health</i> , 2019, 5, 141-147.	1.3	43
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	A comparison of traditional and modified Summated-Heart-Rate-Zones models to measure internal training load in basketball players. <i>Measurement in Physical Education and Exercise Science</i> , 2018, 22, 303-309.	1.3	19
56	Mental health practitionersâ€™ reported barriers to prescription of exercise for mental health consumers. <i>Mental Health and Physical Activity</i> , 2018, 14, 52-60.	0.9	37
57	Stretching the evidence behind tennis elbow: mobile app user guide. <i>British Journal of Sports Medicine</i> , 2018, 52, e5-e5.	3.1	2
58	Impact of short- compared to long-haul international travel on the sleep and wellbeing of national wheelchair basketball athletes. <i>Journal of Sports Sciences</i> , 2018, 36, 1476-1484.	1.0	21
59	Athletes underestimate sleep quantity during daytime nap opportunities. <i>Chronobiology International</i> , 2018, 35, 869-871.	0.9	10
60	Effects of traditional balance and slackline training on physical performance and perceived enjoyment in young soccer players. <i>Research in Sports Medicine</i> , 2018, 26, 450-461.	0.7	28
61	Does breaking up prolonged sitting when sleep restricted affect postprandial glucose responses and subsequent sleep architecture? â€” a pilot study. <i>Chronobiology International</i> , 2018, 35, 821-826.	0.9	7
62	Can Sleep Be Used as an Indicator of Overreaching and Overtraining in Athletes?. <i>Frontiers in Physiology</i> , 2018, 9, 436.	1.3	41
63	Daytime naps can be used to supplement night-time sleep in athletes. <i>Chronobiology International</i> , 2018, 35, 865-868.	0.9	30
64	How well does a commercially available wearable device measure sleep in young athletes?. <i>Chronobiology International</i> , 2018, 35, 754-758.	0.9	36
65	Evaluation of Goal Scoring Patterns Between the 2016 Copa America and the 2016 European Championship. <i>Asian Journal of Sports Medicine</i> , 2018, 9, .	0.1	1
66	Long Compared To Short Haul Travel Effects On Wheelchair Basketball Playerâ€™S Preparation For The World Championships. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 317.	0.2	0
67	Readiness To Perform, Sprint Ability, And Reaction Time Following A 2-hour Nap In Soccer Players.. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 570.	0.2	0
68	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
69	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
70	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
71	The Chronotype of Elite Athletes. <i>Journal of Human Kinetics</i> , 2016, 54, 219-225.	0.7	75
72	Waking up in the zone with Sleep Cycle. <i>British Journal of Sports Medicine</i> , 2016, 50, 1419-1420.	3.1	1

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73	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
74	Sleep/wake behaviour of endurance cyclists before and during competition. <i>Journal of Sports Sciences</i> , 2015, 33, 293-299.	1.0	74
75	Sleep/wake behaviours of elite athletes from individual and team sports. <i>European Journal of Sport Science</i> , 2015, 15, 94-100.	1.4	203
76	The impact of a simulated grand tour on sleep, mood, and well-being of competitive cyclists. <i>Journal of Sports Medicine and Physical Fitness</i> , 2015, 55, 1555-64.	0.4	9
77	The impact of training schedules on the sleep and fatigue of elite athletes. <i>Chronobiology International</i> , 2014, 31, 1160-1168.	0.9	211
78	Does Hydrotherapy Help or Hinder Adaptation to Training in Competitive Cyclists?. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1631-1639.	0.2	43
79	Athletes' precompetitive sleep behaviour and its relationship with subsequent precompetitive mood and performance. <i>European Journal of Sport Science</i> , 2014, 14, S123-30.	1.4	109
80	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