

# Academic Search Ultimate

Academic Search Ultimate is a comprehensive multi-disciplinary database. It provides access to peer-reviewed journals, full-text, and abstract only works from numerous publications.

## Conducting a Search



Enter your search terms in the boxes and click search.

- Use the most important words and phrases of your research topic as keywords.
- Put phrases in quotation marks.
- If your results aren't relevant, try different combinations of keywords, including synonyms and related phrases.
- If you are finding too many results, use more specific search terms. If you are not finding enough results, consider using more broad search terms.



## Focus Your Results



You can focus your results using the "Select a Field (Optional)" drop-down menu.

- Search in AB Abstract to locate your key terms in the articles summary paragraph.
- Search in Subject Terms to locate your terms in the controlled vocabulary.



## Refine Results

Use the filters on the left side of your results to narrow by date, source type, subject area, publication, or geography.

## Explore the Item Record



Click on the title of the item of interest to access additional information, full-text options, and tools.

### Sleep and athletic performance: Impacts on physical performance, mental performance, injury risk and recovery, and mental health: An update.

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**Source:** [Sleep Medicine Clinics](#), Vol 17(2), Jun, 2022. Special Issue: Commemorative Issue: 15 Years of the Sleep Medicine Clinics - Part 1: Sleep and Sleep Disorders, pp. 263-282.

**NLM Title Abbreviation:** Sleep Med Clin

**Page Count:** 20

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**Language:** English

**Keywords:** Sleep, Sport, Insomnia, Performance

**Abstract:** Sleep health is an important consideration for athletic performance. Athletes are at high risk of insufficient sleep duration, poor sleep quality, daytime sleepiness and fatigue, suboptimal sleep schedules, irregular sleep schedules, and sleep and circadian disorders. These issues likely have an impact on athletic performance via several domains. Sleep loss and/or poor sleep quality can impair muscular strength, speed, and other aspects of physical performance. Sleep issues can also increase risk of concussions and other injuries and impair recovery after injury. Cognitive performance is also impacted in several domains, including vigilance, learning and memory, decision making, and creativity. (PsycInfo Database Record) (c) 2023 APA, all rights reserved)

**Document Type:** Journal Article

**Subjects:** \*Athletic Performance; \*Injuries; \*Mental Health; \*Recovery (Disorders); \*Sleep; \*Insomnia; Sports; Sleep Quality

**Medical Subject Headings (MeSH):** Athletes; Athletic Performance; Humans; Mental Health; Physical Functional Performance; Sleep; Sleep Initiation and Maintenance Disorders

- View important information like authors, publisher, publication, and more on the items record.
- In many cases, the location of the authors is helpful in figuring out where the research took place.
- The abstract is the summary paragraph. Reading this will give you a good indication on the item's topic.
- Pay attention to the keywords used in the resources you find most helpful.
- Use the subject terms to locate additional materials on your topic. Clicking on the subject term link will begin a new search.
- Need additional sources? Explore a relevant item's bibliography to find additional materials on your topic.



## Finding the Full Text



Click on the title of the item of interest.



To find the full text, click PDF Full Text, the HTML Full Text, or the Get Full-Text button on the left-side of the screen.



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- Select cite to view the citation of the item in your chosen format. These citations should always be double-checked for accuracy.
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### Tools



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[ask@southern.libanswers.com](mailto:ask@southern.libanswers.com)

### Research Coaching

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In-person or online appointments with a writing tutor.

