MCKEE LIBRARY DATABASE TIP SHEET

# **Academic Search Ultimate**

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

#### **Conducting a Search**

EBSCO

Enter your search terms in the boxes and click search.

Searching: Specific Databases, Show all Choose Data	bases by Subject
"mental health"	Select a Field (optional) - Search
AND - sleep	Select a Field (optional) - Create Alert
AND -	Select a Field (optional) - Clear ?
	÷ –

Basic Search Advanced Search Search History

- 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.

"mental health"	SU Subjects *	Search
AND - sleep	AB Abstract -	Create Alert
AND -	Select a Field (optional) *	Clear ?
		(+)



- 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.

Limit To	v
Full Text	
References Available	
Peer Reviewed	
From: To: 1921 Publication 20 Date	: )23
	_
Ohana Mara	
Show More	
Source Types	~
All Results	
<ul> <li>Academic Journals (81,731)</li> </ul>	
<ul> <li>Magazines (23,445)</li> </ul>	
Trade Publications (3,5)	554)
Book Reviews (2,813)	
<ul> <li>Newspapers (748)</li> </ul>	
Show More	
Subject: Thesaurus Term	>
Subject	>
Lexile Range	>
Publication	>
Publisher	>
Company	>
Language	>
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.

Authors:	Charest. Jonathan. Department of Psychology, Universite Laval, Quebec City, PQ, Canada Grandhar. Michael A. Department of Psychiatry. University of Arizona, Tucson, AZ, US, grandhart@gmail.com
Address:	Grandner, Michael A., Department of Psychiatry, University of Arizona, 1501 North Campbell Avenue, PO Box 245002, Tucson, AZ, US, 85724-5002, grandner@gmail.com
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 Mcd Clin
Page Count:	20
Publisher:	Netherlands : Elsevier Science
ISSN:	1556-407X (Phtt) 1556-4088 (Electronic)
Language:	English
Keywords:	Sleep, Sport, Insomnia, Performance
Abstract:	Beep health is an important consideration for ablatic performance. Athletes are at high risk of insufficient alleep duration, poor skeep quality, daytime skeepiness and faligue, suboptimal skeep choices, maguai watep scholare, and skeep and choices fall of consets. These issues item in man an impact on athret performance via several annuals. Skeep toos and/or poor skeep quality, can inpair mucual sense they, tevel, and there aproved it physical performance. Skeep toose can all onlow creates and a consets and or
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.



The second secon

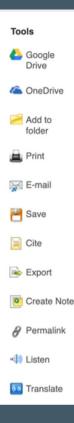
👌 Get Full-Text



- Download the PDF and save to your computer or bibliographic management tool.
- Full-text not available? We will get it for you for free through interlibrary loan. Click "Get Full-Text" to go to the interlibrary loan request page.

### Tools

- Save to Google Drive or OneDrive to access record in the future.
- Email yourself a link to the article and record information. Note: this does not email the article's full-text.
- Select cite to view the citation of the item in your chosen format. These citations should always be double-checked for accuracy.
- To save a link to the article, make sure to use the permalink option.



# Get Help



Text: 423.381.8881

Call: 423.236.2788

ask@southern.libanswers.com

#### **Research Coaching**

Help finding sources and refining search results.



#### Writing Center Tutoring

In-person or online appointments with a writing tutor.

