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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, Université Laval, Québec City, PQ, Canada
[Grandner, Michael A.](#), Department of Psychiatry, University of Arizona, Tucson, AZ, US, grandner@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 Med Clin

Page Count: 20

Publisher: Netherlands : Elsevier Science

ISSN: 1556-407X (Print)
1556-4088 (Electronic)

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](#)

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