

## RECENT PUBLICATIONS

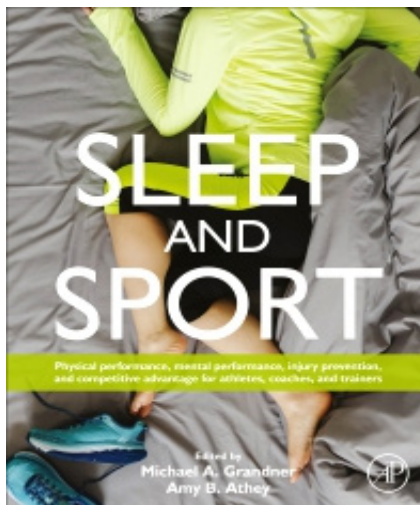
### Book reviews

**Sleep and Sport: Physical Performance, Mental Performance, Injury Prevention, and Competitive Advantage for Athletes, Coaches, and Trainers. First Edition**

Editors: Michael A. Grandner & Amy B. Athey

Publisher: Academic Press, June 15, 2024

360 pages; Price: \$140.25 (Paperback)



How important sleep is for people in general and especially for athletes is not only something easy to understand, but also a clearly proven scientific aspect. And given that only during the last decades the sleep in athletes could be objectively studied – due to the rapid advances in specific recording technologies – explains why sleep in sports is an extremely current topic; in other words an area where the novelties simply flood the scientific literature dedicated to sport. Here are the circumstances due which the presentation of the latest synthesis in the field becomes mandatory for our journal.

Dr. Michael Grandner [Director of the Sleep and Health Research Program at the University of Arizona, and Director of the Behavioral Sleep Medicine Clinic at the Banner-University Medical Center in Tucson, AZ.], seconded by Amy B. Athey [PhD in clinical psychology and a past good basketball player], are the two daring editors who have proposed to present us all that is essential and up to date in the field of sleep and sport. And this within just 360 pages; an attempt not at all easy to carry out in good conditions, and especially with valuable results as is the case with this book.

As its title suggests, *Sleep and Sport: Physical Performance, Mental Performance, Injury Prevention, and Competitive Advantage for Athletes, Coaches, and Trainers* addresses not only sleep specialists, but also those around athletes and athletes themselves. This approach is very inspiring because the athletes sleep health promotion and improvement represents an objective extremely difficult if not impossible to accomplish, without the involvement and continuous, sincere adherence and collaboration of all these categories of professionals.

The book contains five parts and 20 chapters, and starts – as it is logical – with an *Introduction to Sleep and Circadian Physiology and Behavior* (the title of Part 1), within which are presented “the basics”: *of sleep-wake physiology* (chapter 1), *of circadian rhythms* (ch.2) and *of sleep problems and sleep disorders* (ch.3). Three other chapters make up the second part – *Scope of the Problem* – which begins with a chapter dedicated to *Sleep Problems in Athletes: Prevalence, and Causes*. It is the sequence where the readers will have the possibility to find extended-relevant information about the common sleep problems the athletes are confronted with, from the sleep quality to insufficient sleep duration, daytime sleepiness, sleep-disordered breathing and insomnia (which could consist in difficulty falling asleep, difficulty maintaining sleep, and/or difficulties with waking up earlier than intended). How *to assess* the sleep in the athletes, and *to screen* them for sleep disorders, can be learned from the chapters 5 and 6, respectively.

Of great utility to understand the huge importance of a good sleep in athletes, and why any sleep problem should be resolved as promptly as possible is the third part: *Physical and Mental Performance*. And this because here we will find all what is important and scientifically proved about how and to what extent sleep disorders have significant negative consequences on *physical* (ch.7) and *cognitive* (8) *performance*, as also on *mental health* (ch.9), *recovery* (10), or *injury prevention* (11).

*Sleep and Circadian Strategies* is the title of the next part, and it is made up of four chapters; of which the first one – *circadian advantage* – highlights how useful it is for athletes to compete close to the circadian peak. As the research clearly demonstrated that – depending on the day moment and its duration – a nap could be of a real help, because it can enhance physical and cognitive performance, and also improves psychological state and night-time sleep, the editors included a special chapter (13) dedicated to this subject: *Strategic Napping*. While from the last chapter of the penultimate part we can learn *how to manage travel and jet lag*.

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Taking into account the importance and actuality of the sleep disturbances in athletes, as also of their increased frequency, it is obvious that a book intended to be “the first textbook for the emerging field of sleep and sport”, would have been incomplete if it had not provided concrete advice and solutions. This is what the editors offer in the last part of the work: *Developing a Sleep Health Program*. In this respect, after presenting the current knowledge on *Sleep Health Promotion in Athletes* [ch.16], they instruct us about *Schedule Planning* [ch.17], because any training planning must also provide the appropriate periods of rest, recovery and sleep, in order to bring the athlete to the peak of his/her potential at the time of the competition.

The great progresses in studying/supervising sleep and in treating sleep problems in athletes would not have

been possible without the recent, remarkable technological improvements of sleep recording. This is what we can learn from the 18th chapter, as its title – *Wearables, Sleep Tracking, and Assessment of Sleep in Athletics Programs* – promises us.

Depending on their profession and expertise in the field, after studying and assimilating the content of this chapter the readers will be able to understand and/or try to apply in practice the information and suggestions to be found in the next chapter: *Developing a Sleep and Circadian Health Program*. The last chapter is dedicated to *Resources and Further Reading*.

**Gheorghe Dumitru**  
ghdumitru@yahoo.com