

Special Issue

Sleep and Sleep Disorders in Sports and Advanced Physical Exercise: 2nd Edition

Message from the Guest Editors

High-performance sports require maximum physical energy exertion, attention, concentration, and cognitive function. Healthy, refreshing sleep and recovery are indispensable requirements for a successful performance in any sporting situation. Disturbed sleep as a result of sleep disorders can lead to disappointing results for athletes. Many studies of the last two decades—as a result of sleep in competitive sport becoming a popular research topic in sport medicine and sport research—have shown that many athletes have sleep problems or suffer from sleep disorders, especially as a result of the pressure of competition or qualification for events. Of course, not only the additional burden of competition but also the regular distribution of sleep disorders such as sleep apnea, restless legs, insomnia, and chronic fatigue in athletes of all ages can constrict their performance.

This Special Issue of *Life* presents varied discussions on these aspects of sleep and sleep disorders in sport and offers an overview of the actual status of research relating to sleep, sleep disorders, and sport to interested coaches, physicians, and scientists.

Guest Editors

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Deadline for manuscript submissions

closed (30 April 2025)



Life

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 6.0
Indexed in PubMed



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Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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