

Shona Halson, PhD



Employment

Australian Catholic University (current employment)

2018-current

Professor/ Deputy Director Sport Performance Recovery Injury and New Technology (SPRINT)
Research Centre, School of Behavioural and Health Sciences

ORCID ID: 0000-0002-1047-3878

Scopus H Index: 45

ResearchGate H index: 51

Australian Institute of Sport (previous employment)

2002-2018

Senior Physiologist/ Head of Recovery Discipline

Industry Engagement

Defence Science Institute

2020- current

ACU DSI Liaison

Australian Institute of Sport

2023-current

Female Performance & Health Research Advisory Group

FIFA

2021- current

Female Health advisor (Sleep and Recovery)

Nike

Nike Performance Council Member- 2019 to 2022

Nike Sport Research Lab Scientific Advisory Group- 2019 to current

International Journal of Sports Physiology and Performance

2010-2022

Associate Editor

Exercise and Sport Science Australia

ESSA Research Committee Member- 2019- 2022

ESSA Research to Practice Conference Co-Chair- 2020

Australian Olympic Team

Recovery Coordinator Beijing 2008, Recovery Director London 2012, Recovery Lead Rio 2016

Australian Open Tennis Tournament

Recovery Consultant 2019, 2020, 2021, 2022, 2023

Awards and Recognition

Exercise and Sport Science Australia (ESSA) Female Scientist of the Year 2019

Credited as the most prolific author of sleep related research in sport in a bibliometric analysis (Lastella et al. 2020)

Educational Qualifications

B.App.Sci (Hons) – 1995-1998- Queensland University of Technology, Australia

Doctor of Philosophy (PhD)- 1999-2002 -Queensland University of Technology, Australia

RESEARCH GRANTS

2023- Australian Defence Force and ACU Partnership Invest- \$100,000- Sleep quantity and quality during field training activities
2023- Queensland Academy of Sport- \$67,000- Sleep and mental fatigue in elite female athletes
2022- Queensland Academy of Sport- \$130,000- Mental fatigue in elite athletes
2021- Queensland Academy of Sport- \$83,000- Female athlete sleep and menstrual cycle
2021- Australian Institute of Sport- \$ 250,000- Mental fatigue and Recovery
2021- CSIRO: Innovations Connection Grant- \$100,000
2020- PepsiCo: Nutrition and Sleep- \$120,000
2020- Australian Institute of Sport- \$72,000
2019- Australian Rugby Union- \$45,000
2016- PepsiCo: Nutrition and Sleep- \$120,000
2014- Australian Sports Commission: Neurophysiology of the elite athlete- \$30,000
2012- 2018- 2XU: Investigating compression in elite athletes- \$400,000
2011- Australian Sports Commission BIG IDEA GRANT: Enhancing Sleep in Athletes- \$135,000
2011- Australian Sports Commission/ Victoria University: Enhancing Recovery in Athletes- \$50,000
2009- 2012- ARC Grant- Sleeping for Gold (UniSA and AIS)- \$275,000
2002- 2014- General and Collaborative Research Grants: Australian Sports Commission- Combined \$150,000+

RESEARCH

AREAS OF RESEARCH EXPERTISE

Sleep and Fatigue

- Sleep monitoring, sleep education and intervention, mental fatigue, recovery strategies, nutritional interventions, strategic use of caffeine, validation of wearables.

Jetlag and Travel Fatigue:

- Management of jetlag and travel fatigue to optimize performance and minimise fatigue

The Female Athlete:

- Sleep across the menstrual cycle
- Menstrual cycle-phase based training

Performance Enhancement Strategies:

- Heat acclimation, pre-cooling/cooling, monitoring

Overtraining:

- Understanding the mechanism and time course of performance decline with intensified training.
- Hormonal and nutritional considerations during overtraining

1. The effect of caffeine on subsequent sleep: A systematic review and meta-analysis. Carissa Gardiner, Jonathon Weakley, Louise M. Burke, Gregory D. Roach, Charli Sargent, Nirav Maniar, Andrew Townshend, Shona L. Halson. *Sleep Medicine Reviews*. Feb 6, 2023
2. Do Sports Compression Garments Alter Measures of Peripheral Blood Flow? A Systematic Review with Meta-Analysis. O'Riordan SF, Bishop DJ, Halson SL, Broatch JR. *Sports Med*. 2023 Feb;53(2):481-501. doi: 10.1007/s40279-022-01774-0. Epub 2023 Jan 9. PMID: 36622554
3. Effects of Cold-Water Immersion Compared with Other Recovery Modalities on Athletic Performance Following Acute Strenuous Exercise in Physically Active Participants: A Systematic Review, Meta-Analysis, and Meta-Regression. Moore E, Fuller JT, Bellenger CR, Saunders S, Halson SL, Broatch JR, Buckley JD. *Sports Med*. 2022 Dec 17. doi: 10.1007/s40279-022-01800-1. Online ahead of print. PMID: 36527593
4. No effect of repeated post-resistance exercise cold or hot water immersion on in-season body composition and performance responses in academy rugby players: a randomised controlled cross-over design. Horgan BG, Halson SL, Drinkwater EJ, West NP, Tee N, Alcock RD, Chapman DW, Haff GG. *Eur J Appl Physiol*. 2023 Feb;123(2):351-359. doi: 10.1007/s00421-022-05075-2. Epub 2022 Oct 25. PMID: 36284024
5. Sleep, circadian biology and skeletal muscle interactions: Implications for metabolic health. Morrison M, Halson SL, Weakley J, Hawley JA. *Sleep Med Rev*. 2022 Dec;66:101700. doi: 10.1016/j.smrv.2022.101700. Epub 2022 Oct 9. PMID: 36272396
6. Compression-induced improvements in post-exercise recovery are associated with enhanced blood flow, and are not due to the placebo effect. O'Riordan SF, Bishop DJ, Halson SL, Broatch JR. *Sci Rep*. 2022 Oct 6;12(1):16762. doi: 10.1038/s41598-022-21029-2. PMID: 36202885
7. Evaluating the Typical Day-to-Day Variability of WHOOP-Derived Heart Rate Variability in Olympic Water Polo Athletes. Bellenger CR, Miller D, Halson SL, Roach GD, MacLennan M, Sargent C. *Sensors (Basel)*. 2022 Sep 6;22(18):6723. doi: 10.3390/s22186723. PMID: 36146073.
8. Development and validity of the subjective training quality scale. Shell SJ, Slattery K, Clark B, Broatch JR, Halson SL, Coutts AJ. *Eur J Sport Sci*. 2022 Aug 28;1-8. doi: 10.1080/17461391.2022.2111276. Online ahead of print. PMID: 35965450
9. COVID-19 Lockdown: A Global Study Investigating the Effect of Athletes' Sport Classification and Sex on Training Practices. Washif JA, Sandbakk Ø, Seiler S, Haugen T, Farooq A, Quarrie K, Janse van Rensburg DC, Krug I, Verhagen E, Wong DP, Mujika I, Cortis C, Haddad M, Ahmadian O, Al Jufaili M, Al-Horani RA, Al-Mohannadi AS, Aloui A, Ammar A, Arifi F, Aziz AR, Batuev M, Beaven CM, Beneke R, Bici A, Bishnoi P, Bogwasi L, Bok D, Boukhris O, Boullosa D, Bragazzi N, Brito J, Palacios Cartagena RP, Chaouachi A, Cheung SS, Chtourou H, Cosma G, Debevec T, DeLang MD, Dellal A, Dönmez G, Driss T, Peña Duque JD, Eirale C, Elloumi M, Foster C, Franchini E, Fusco A, Galy O, Gatin PB, Gill N, Girard O, Gregov C, Halson S, Hammouda O, Hanzlíková I, Hassanmirzaei B, Hébert-Losier K, Muñoz Helú H, Herrera-Valenzuela T, Hettinga FJ, Holtzhausen L, Hue O, Dello Iacono A, Ihalainen JK, James C, Joseph S, Kamoun K, Khaled M, Khalladi K, Kim KJ, Kok LY, MacMillan L, Mataruna-Dos-Santos LJ, Matsunaga R, Memishi S, Millet GP, Moussa-Chamari I, Musa DI, Nguyen HMT, Nikolaidis PT, Owen A, Padulo J, Pagaduan JC, Perera NP, Pérez-Gómez J, Pillay L, Popa A, Pudasaini A, Rabbani A, Rahayu T, Romdhani M, Salamh P, Sarkar AS, Schillinger A, Setyawati H, Shrestha N, Suraya F, Tabben M, Trabelsi K, Urhausen A, Valtonen M, Weber J, Whiteley R, Zrane A, Zerguini Y, Zmijewski P, Ben Saad H, Pyne DB, Taylor L, Chamari K. *Int J Sports Physiol Perform*. 2022 Jul 8;17(8):1242-1256. doi: 10.1123/ijsspp.2021-0543. Print 2022 Aug 1. PMID: 35894967.
10. Sleep Regularity and Predictors of Sleep Efficiency and Sleep Duration in Elite Team Sport Athletes. **Halson SL**, Johnston RD, Piromalli L, Lalor BJ, Cormack S, Roach GD, Sargent C. *Sports Med Open*. 2022 Jun 17;8(1):79. doi: 10.1186/s40798-022-00470-7. PMID: 35713743

11. Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. Weakley J, **Halsón SL**, Mujika I. *Int J Sports Physiol Perform*. 2022 May 1;17(5):675-681. doi: 10.1123/ijsp.2021-0448. Epub 2022 Mar 23. PMID: 35320774
12. Impact of Cold-Water Immersion Compared with Passive Recovery Following a Single Bout of Strenuous Exercise on Athletic Performance in Physically Active Participants: A Systematic Review with Meta-analysis and Meta-regression. Moore E, Fuller JT, Buckley JD, Saunders S, **Halsón SL**, Broatch JR, Bellenger CR. *Sports Med*. 2022 Jul;52(7):1667-1688. doi: 10.1007/s40279-022-01644-9. Epub 2022 Feb 14
13. A Systematic Review on Fitness Testing in Adult Male Basketball Players: Tests Adopted, Characteristics Reported and Recommendations for Practice. Morrison M, Martin DT, Talpey S, Scanlan AT, Delaney J, **Halsón SL**, Weakley J. *Sports Med*. 2022 Feb 4. doi: 10.1007/s40279-021-01626-3. Online ahead of print. PMID: 35119683
14. Mental fatigue increases across a 16-week pre-season in elite female athletes. Russell S, Jenkins DG, **Halsón SL**, Kelly VG. *J Sci Med Sport*. 2021 Dec 15:S1440-2440(21)00538-7. doi: 10.1016/j.jsams.2021.12.002. Online ahead of print. PMID: 35027320
15. Consecutive Days of Racing Does Not Affect Sleep in Professional Road Cyclists. Sargent C, **Halsón SL**, Martin DT, Roach GD. *Int J Sports Physiol Perform*. 2022 Jan 13:1-4. doi: 10.1123/ijsp.2021-0102. Online ahead of print. PMID: 35026733
16. In-Season Nutrition Strategies and Recovery Modalities to Enhance Recovery for Basketball Players: A Narrative Review. Davis JK, Oikawa SY, **Halsón S**, Stephens J, O'Riordan S, Luhrs K, Sopena B, Baker LB. *Sports Med*. 2021 Dec 14. doi: 10.1007/s40279-021-01606-7. Online ahead of print. PMID: 34905181 Review.
17. Putting the Squeeze on Compression Garments: Current Evidence and Recommendations for Future Research: A Systematic Scoping Review. Weakley J, Broatch J, O'Riordan S, Morrison M, Maniar N, **Halsón SL**. *Sports Med*. 2021 Dec 6. doi: 10.1007/s40279-021-01604-9. Online ahead of print. PMID: 34870801.
18. Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. Washif JA, Farooq A, Krug I, Pyne DB, Verhagen E, Taylor L, Wong DP, Mujika I, Cortis C, Haddad M, Ahmadian O, Al Jufaili M, Al-Horani RA, Al-Mohannadi AS, Aloui A, Ammar A, Arifi F, Aziz AR, Batuev M, Beaven CM, Beneke R, Bici A, Bishnoi P, Bogwasi L, Bok D, Boukhris O, Boullosa D, Bragazzi N, Brito J, Cartagena RPP, Chaouachi A, Cheung SS, Chtourou H, Cosma G, Debevec T, DeLang MD, Dellal A, Dönmez G, Driss T, Peña Duque JD, Eirale C, Elloumi M, Foster C, Franchini E, Fusco A, Galy O, Gastin PB, Gill N, Girard O, Gregov C, **Halsón S**, Hammouda O, Hanzlíková I, Hassanmirzaei B, Haugen T, Hébert-Losier K, Muñoz Helú H, Herrera-Valenzuela T, Hettinga FJ, Holtzhausen L, Hue O, Dello Iacono A, Ihalainen JK, James C, Janse van Rensburg DC, Joseph S, Kamoun K, Khaled M, Khalladi K, Kim KJ, Kok LY, MacMillan L, Mataruna-Dos-Santos LJ, Matsunaga R, Memishi S, Millet GP, Moussa-Chamari I, Musa DI, Nguyen HMT, Nikolaidis PT, Owen A, Padulo J, Pagaduan JC, Perera NP, Pérez-Gómez J, Pillay L, Popa A, Pudasaini A, Rabbani A, Rahayu T, Romdhani M, Salamh P, Sarkar AS, Schillinger A, Seiler S, Setyawati H, Shrestha N, Suraya F, Tabben M, Trabelsi K, Urhausen A, Valtonen M, Weber J, Whiteley R, Zrane A, Zerguini Y, Zmijewski P, Sandbakk Ø, Ben Saad H, Chamari K. *Sports Med*. 2021 Oct 23:1-16. doi: 10.1007/s40279-021-01573-z. Online ahead of print. PMID: 34687439
19. Mental Fatigue Over 2 Elite Netball Seasons: A Case for Mental Fatigue to be Included in Athlete Self-Report Measures. Russell S, Jenkins DG, **Halsón SL**, Juliff LE, Connick MJ, Kelly VG. *Int J Sports Physiol Perform*. 2021 Sep 27:1-10. doi: 10.1123/ijsp.2021-0028. Online ahead of print. PMID: 34583327. Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep.
20. **Halsón SL**, Johnston RD, Appaneal RN, Rogers MA, Toohey LA, Drew MK, Sargent C, Roach GD. *Sports Med*. 2022 Feb;52(2):417-426. doi: 10.1007/s40279-021-01555-1. Epub 2021 Sep 23. PMID: 34554425.
21. Stressed and Not Sleeping: Poor Sleep and Psychological Stress in Elite Athletes Prior to the Rio 2016 Olympic Games. **Halsón SL**, Appaneal RN, Welvaert M, Maniar N, Drew MK. *Int J Sports Physiol Perform*. 2021 Sep 21:1-8. doi: 10.1123/ijsp.2021-0117. Online ahead of print. PMID: 34548422.
22. Acute Inflammatory, Anthropometric, and Perceptual (Muscle Soreness) Effects of Postresistance Exercise Water Immersion in Junior International and Subelite Male Volleyball Athletes. Horgan BG,

- West NP, Tee N, Drinkwater EJ, **Halsón SL**, Vider J, Fonda CJ, Haff GG, Chapman DW. J Strength Cond Res. 2021 Sep 10. doi: 10.1519/JSC.0000000000004122. Online ahead of print. PMID: 34537801
23. Does Caffeine Consumption Influence Postcompetition Sleep in Professional Rugby League Athletes? A Case Study. Caia J, **Halsón SL**, Holmberg PM, Kelly VG. Int J Sports Physiol Perform. 2022 Jan 1;17(1):126–129. doi: 10.1123/ijsp.2020-0841. Epub 2021 Aug 2. PMID: 34340214
 24. Sports compression garments improve resting markers of venous return and muscle blood flow in male basketball players. O'Riordan SF, McGregor R, **Halsón SL**, Bishop DJ, Broatch JR. J Sport Health Sci. 2021 Jul 24:S2095-2546(21)00092-2. doi: 10.1016/j.jshs.2021.07.010. Online ahead of print. PMID: 34314879
 25. Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. Janse van Rensburg DC, Jansen van Rensburg A, Fowler PM, Bender AM, Stevens D, Sullivan KO, Fullagar HHK, Alonso JM, Biggins M, Claassen-Smithers A, Collins R, Dohi M, Driller MW, Dunican IC, Gupta L, **Halsón SL**, Lastella M, Miles KH, Nedelec M, Page T, Roach G, Sargent C, Singh M, Vincent GE, Vitale JA, Botha T. Sports Med. 2021 Oct;51(10):2029-2050. doi: 10.1007/s40279-021-01502-0. Epub 2021 Jul 14. PMID: 34263388 Review.
 26. A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. Miller DJ, Roach GD, Lastella M, Scanlan AT, Bellenger CR, **Halsón SL**, Sargent C. Biosensors (Basel). 2021 Jun 8;11(6):185. doi: 10.3390/bios11060185. PMID: 34201016
 27. To Nap or Not to Nap? A Systematic Review Evaluating Napping Behavior in Athletes and the Impact on Various Measures of Athletic Performance. Lastella M, **Halsón SL**, Vitale JA, Memon AR, Vincent GE. Nat Sci Sleep. 2021 Jun 24;13:841-862. doi: 10.2147/NSS.S315556. eCollection 2021. PMID: 34194254 Review.
 28. Wrist-Based Photoplethysmography Assessment of Heart Rate and Heart Rate Variability: Validation of WHOOP. Bellenger CR, Miller D, **Halsón SL**, Roach G, Sargent C. Sensors (Basel). 2021 May 20;21(10):3571. doi: 10.3390/s21103571. PMID: 34065516
 29. Is a Head-Worn Inertial Sensor a Valid Tool to Monitor Swimming? Shell SJ, Clark B, Broatch JR, Slattery K, Halsón SL, Coutts AJ. Int J Sports Physiol Perform. 2021 May 21:1-4. doi: 10.1123/ijsp.2020-0887. Online ahead of print. PMID: 34021091
 30. How Much Sleep Does an Elite Athlete Need? Sargent C, Lastella M, **Halsón SL**, Roach GD. Int J Sports Physiol Perform. 2021 May 21:1-12. doi: 10.1123/ijsp.2020-0896. Online ahead of print. PMID: 34021090
 31. Business Class Travel Preserves Sleep Quality and Quantity and Minimizes Jet Lag During the ICC Women's T20 World Cup. Lalor BJ, Tran J, **Halsón SL**, Kemp JG, Cormack SJ. Int J Sports Physiol Perform. 2021 Apr 8:1-12. doi: 10.1123/ijsp.2020-0689. Online ahead of print. PMID: 33831844
 32. Reduced post-exercise muscle microvascular perfusion with compression is offset by increased muscle oxygen extraction: Assessment by contrast-enhanced ultrasound. Broatch JR, O'Riordan SF, Keske MA, Betik AC, Bishop DJ, **Halsón SL**, Parker L. FASEB J. 2021 May;35(5):e21499. doi: 10.1096/fj.202002205RR.
 33. How do elite female team sport athletes experience mental fatigue? Comparison between international competition, training and preparation camps. Russell S, Jenkins DG, **Halsón SL**, Juliff LE, Kelly VG. Eur J Sport Sci. 2021 Mar 25:1-11. doi: 10.1080/17461391.2021.1897165. Online ahead of print. PMID: 33764275
 34. Does Site Matter? Impact of Inertial Measurement Unit Placement on the Validity and Reliability of Stride Variables During Running: A Systematic Review and Meta-analysis. Horsley BJ, Tofari PJ, **Halsón SL**, Kemp JG, Dickson J, Maniar N, Cormack SJ. Sports Med. 2021 Jul;51(7):1449-1489. doi: 10.1007/s40279-021-01443-8. Epub 2021 Mar 24. PMID: 33761128
 35. Factories, Movies, and Sport Science. **Halsón SL**, Martin DT. Int J Sports Physiol Perform. 2020 Dec 2:1-2. doi: 10.1123/ijsp.2020-0855.
 36. Sleep Hygiene and Light Exposure Can Improve Performance Following Long-Haul Air Travel. Fowler PM, Knez W, Thornton HR, Sargent C, Mendham AE, Crowcroft S, Miller J, **Halsón S**, Duffield R. Int J Sports Physiol Perform. 2020 Nov 4:1-10. doi: 10.1123/ijsp.2019-0931. Sleep and the athlete: narrative review and 2021 expert consensus recommendations. Walsh NP, **Halsón SL**, Sargent C, Roach GD, Nédélec M, Gupta L, Leeder J, Fullagar HH, Coutts AJ, Edwards BJ, Pullinger SA, Robertson CM, Burniston JG, Lastella M, Le Meur Y, Hausswirth C, Bender AM, Grandner MA, Samuels CH. Br J Sports Med. 2020 Nov 3:bjssports-2020-102025. doi: 10.1136/bjssports-2020-102025.

37. Impaired Recovery is Associated with Increased Injury and Illness: A Retrospective Study of 536 Female Netball Athletes. Horgan BG, Drew MK, **Halsón SL**, Piromalli LE, Drinkwater EJ, Chapman DW, Haff GG. *Scand J Med Sci Sports*. 2020 Oct 30. doi: 10.1111/sms.13866.
38. Compression Socks Reduce Running-Induced Intestinal Damage. Zadow EK, Edwards KH, Kitic CM, Fell JW, Adams MJ, Singh I, Kundur A, Johnston ANB, Crilly J, Bulmer AC, **Halsón SL**, Wu SSX. *J Strength Cond Res*. 2020 Oct 15. doi: 10.1519/JSC.0000000000003870.
39. Optimisation and Validation of a Nutritional Intervention to Enhance Sleep Quality and Quantity. **Halsón SL**, Shaw G, Versey N, Miller DJ, Sargent C, Roach GD, Nyman L, Carter JM, Baar K. *Nutrients*. 2020 Aug 25;12(9):2579. doi: 10.3390/nu12092579. PMID: 32854375
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43. Obstructive sleep apnea in professional rugby league athletes: An exploratory study. Caia J, **Halsón SL**, Scott A, Kelly VG. *J Sci Med Sport*. 2020 Apr 18:S1440-2440(19)31665 2.10.1016/j.jsams.2020.04.014.
44. The Challenge of Maintaining Metabolic Health During a Global Pandemic. King AJ, Burke LM, **Halsón SL**, Hawley JA. Version 2. *Sports Med*. 2020 Jul;50(7):1233-1241. doi: 10.1007/s40279-020-01295-8. PMID: 32449141
45. How to manage travel fatigue and jet lag in athletes? A systematic review of interventions. Janse van Rensburg DCC, Jansen van Rensburg A, Fowler P, Fullagar H, Stevens D, **Halsón S**, Bender A, Vincent G, Claassen-Smithers A, Dunican I, Roach GD, Sargent C, Lastella M, Cronje T. *Br J Sports Med*. 2020 Apr 17:bjssports-2019-101635. doi: 10.1136/bjssports-2019-101635.
46. Key viral immune genes and pathways identify elite athletes with URS. Colbey C, Drew MK, Cox AJ, Vider J, Pyne DB, Vlahonich N, Hughes D, Waddington G, Appaneal R, Burke LM, Lundy B, Toomey M, Watts D, Lovell G, Praet S, **Halsón SL**, Welvaert M, Zhang P, Cripps AW, West NP. *Exerc Immunol Rev*. 2020;26:56-78.
47. A Complex Relationship: Sleep, External Training Load, and Well-Being in Elite Australian Footballers. Lalor BJ, **Halsón SL**, Tran J, Kemp JG, Cormack SJ. *Int J Sports Physiol Perform*. 2020 Feb 4:1-11. doi: 10.1123/ijsspp.2019-0061.
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50. Compression Garments Reduce Muscle Movement and Activation during Submaximal Running. Broatch JR, Brophy-Williams N, Phillips EJ, O'Bryan SJ, **Halsón SL**, Barnes S, Bishop DJ. *Med Sci Sports Exerc*. 2019 Oct 4.
51. The Effect of Carbohydrate Ingestion Following Eccentric Resistance Exercise on AKT/mTOR and ERK Pathways: A Randomized, Double-Blinded, Crossover Study. Figueiredo VC., Farnfield MM, Ross ML, Gran P, **Halsón SL**, Peake JM, Cameron-Smith D, Markworth JF. *Int J Sport Nutr Exerc Metab*. 2019 Jun 27:1-7.
52. Sleep Patterns and Alertness in an Elite Super Rugby Team During a Game Week. Dunican IC, Higgin CC, Murray K, Jones MJ, Dawson B, Caldwell JA, **Halsón SL**, Eastwood PR. *J Hum Kinet*. 2019 Jul 5;67:111-121. doi: 10.2478/hukin-2018-0088. eCollection 2019 Jun.
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54. Effects of Various Recovery Strategies on Repeated Bouts of Simulated Intermittent Activity. Crowther FA, Sealey RM, Crowe MJ, Edwards AM, **Halson SL**. *J Strength Cond Res*. 2019 Jul;33(7):1781-1794.
55. Sleep Monitoring in Athletes: Motivation, Methods, Miscalculations and Why it Matters. **Halson SL**. *Sports Med*. 2019 May 15. doi: 10.1007/s40279-019-01119-4.
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60. The application of mental fatigue research to elite team sport performance: New perspectives. Russell S, Jenkins D, Smith M, **Halson S**, Kelly V. *J Sci Med Sport*. 2019 Jun;22(6):723-728. doi: 10.1016/j.jsams.2018.12.008. Epub 2018 Dec 21.
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