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Sleep and Sleep Disorders in Sports and Advanced Physical Exercise

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Message from the Guest Editors

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. Furthermore, sport-specific intrinsic reasons such as travel to competitions around the globe in different time zones, unaccustomed sleep environments, competitions and training at high altitude, etc. can lead to non-refreshing sleep for athletes.

On the contrary, sport can also function as an instrument in the treatment of the sleep disorders of non-professional athletes, and certain sleep regimens for athletes and behavioral consequences can improve sleep and performance in professional athletes.

This Special Issue of the journal *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.



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Special Issue



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Message from the Editor-in-Chief

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