

Recent Sleep Articles of the last 5 years (2019-2024)

1. Gardiner C, Weakley J, Burke LM, Roach GD, Sargent C, Maniar N, et al. The effect of caffeine on subsequent sleep: A systematic review and meta-analysis. *Sleep Med Rev* [Internet]. 2023;69(101764):101764. Available from: <http://dx.doi.org/10.1016/j.smrv.2023.101764> → [Australia], Caffeine quantity+timing before bed drastically reduce total sleep time and quality, advised to have last coffee almost 9 hours before bed, more caffeine more time...
2. De Nys L, Anderson K, Ofosu EF, Ryde GC, Connelly J, Whittaker AC. The effects of physical activity on cortisol and sleep: A systematic review and meta-analysis. *Psychoneuroendocrinology* [Internet]. 2022;143(105843):105843. Available from: <http://dx.doi.org/10.1016/j.psyneuen.2022.105843> → [UK], Physical activity improves sleep by lowering cortisol in women with breast cancer
3. Boukhris O, Trabelsi K, Suppiah H, Ammar A, Clark CCT, Jahrami H, et al. The impact of daytime napping following normal night-time sleep on physical performance: A systematic review, meta-analysis and meta-regression. *Sports Med* [Internet]. 2024;54(2):323–45. Available from: <http://dx.doi.org/10.1007/s40279-023-01920-2> → [Australia], Potential benefits of daytime napping for athletic performance
4. Bender AM, Lambing KA. A practical guide to improve sleep and performance in athletes. *Int J Sports Sci Coach* [Internet]. 2024;19(1):476–87. Available from: <http://dx.doi.org/10.1177/17479541231201105> → [Canada], Offers strategies for athletes to improve sleep and enhance performance
5. Charest J, Grandner MA. Sleep and athletic performance. *Sleep Med Clin* [Internet]. 2022;17(2):263–82. Available from: <http://dx.doi.org/10.1016/j.jsmc.2022.03.006> → [Canada], Sleep affects various aspects of athletic performance, including mental health and focus
6. Claudino JG, J Gabbett T, de Sá Souza H, Simim M, Fowler P, de Alcantara Borba D, et al. Which parameters to use for sleep quality monitoring in team sport athletes? A systematic review and meta-analysis. *BMJ Open Sport Exerc Med* [Internet]. 2019;5(1):bmjsem-2018-000475. Available from: <http://dx.doi.org/10.1136/bmjsem-2018-000475> → [Brazil], Tells you which ones are the best screening tests to assess sleep quality
7. Wirth J, Hillesheim E, Brennan L. Protein intake and its effect on sleep outcomes: a systematic review and meta-analysis of randomized controlled trials. *Nutr Rev* [Internet]. 2023;81(3):333–45. Available from: <http://dx.doi.org/10.1093/nutrit/nuac061> → [Ireland], Small influence of increased protein consumption on sleep (low evidence though)
8. Leong RLF, Cheng GH-L, Chee MWL, Lo JC. The effects of sleep on prospective memory: A systematic review and meta-analysis. *Sleep Med Rev* [Internet]. 2019;47:18–27. Available from: <http://dx.doi.org/10.1016/j.smrv.2019.05.006> → [Singapore], Finds that sleep increases spontaneous retrieval, therefore improving Prospective Memory
9. Scott AJ, Webb TL, Martyn-St James M, Rowse G, Weich S. Improving sleep quality leads to better mental health: A meta-analysis of randomised controlled trials. *Sleep Med Rev* [Internet].

2021;60(101556):101556. Available from: <http://dx.doi.org/10.1016/j.smr.2021.101556> → [UK], Shows that improvements in sleep quality lead to greater improvements in mental health

10. Rusch HL, Rosario M, Levison LM, Olivera A, Livingston WS, Wu T, et al. The effect of mindfulness meditation on sleep quality: a systematic review and meta-analysis of randomized controlled trials. *Ann N Y Acad Sci* [Internet]. 2019;1445(1):5–16. Available from: <http://dx.doi.org/10.1111/nyas.13996> → [USA], Mindfulness meditation may be effective in treating some aspects of sleep disturbance

11. Vlahoyiannis A, Giannaki CD, Sakkas GK, Aphasidis G, Andreou E. A systematic review, meta-analysis and meta-regression on the effects of carbohydrates on sleep. *Nutrients* [Internet]. 2021;13(4):1283. Available from: <http://dx.doi.org/10.3390/nu13041283> → [Cyprus], High carbs increase REM sleep, low carbs increase non-REM sleep

12. Covassin N, Singh P, McCrady-Spitzer SK, St Louis EK, Calvin AD, Levine JA, et al. Effects of experimental sleep restriction on energy intake, energy expenditure, and visceral obesity. *J Am Coll Cardiol* [Internet]. 2022;79(13):1254–65. Available from: <http://dx.doi.org/10.1016/j.jacc.2022.01.038> → [USA], Sleep loss predisposes to abdominal visceral obesity, because it increases energy consumption

13. Frimpong E, Mograss M, Zvionov T, Dang-Vu TT. The effects of evening high-intensity exercise on sleep in healthy adults: A systematic review and meta-analysis. *Sleep Med Rev* [Internet]. 2021;60(101535):101535. Available from: <http://dx.doi.org/10.1016/j.smr.2021.101535> → [Canada], High intensity exercises ending 1 h bedtime may disrupt sleep, but those ending >2 hours before bedtime do not influence sleep if done regularly and improve sleep when acute

14. Ochab JK, Szwed J, Oleś K, Bereś A, Chialvo DR, Domagalik A, et al. Observing changes in human functioning during induced sleep deficiency and recovery periods. *PLoS One* [Internet]. 2021;16(9):e0255771. Available from: <http://dx.doi.org/10.1371/journal.pone.0255771> → [Poland], They found out unanimous deterioration in all actigraphy, behavioral measures and EEG during sleep restriction, suggesting also that only 1 week of recovery is not enough for the majority.

15. Examine.com. [cited April 2024]. Available from: <https://examine.com/categories/sleep/> → This website contains summaries of different scientific articles and they have several posts about sleep

16. Knufinke M, Nieuwenhuys A, Geurts SAE, Møst EIS, Moen MH, Maase K, et al. Dim light, sleep tight, and wake up bright – Sleep optimization in athletes by means of light regulation. *EJSS (Champaign)* [Internet]. 2021;21(1):7–15. Available from: <http://dx.doi.org/10.1080/17461391.2020.1722255> → [Netherlands], Light therapy is an effective strategy for sleep optimisation in athletes performance: avoid blue light at night and expose to sunlight during the day

17. Janssen X, Martin A, Hughes AR, Hill CM, Kotronoulas G, Hesketh KR. Associations of screen time, sedentary time and physical activity with sleep in under 5s: A systematic review and meta-analysis. *Sleep Med Rev* [Internet]. 2020;49(101226):101226. Available from: <http://dx.doi.org/10.1016/j.smr.2019.101226> → [UK] Screen time is associated with poorer sleep outcomes in infants, toddlers and preschoolers

18. Gardani M, Bradford DRR, Russell K, Allan S, Beattie L, Ellis JG, et al. A systematic review and meta-analysis of poor sleep, insomnia symptoms and stress in undergraduate students. *Sleep Med Rev* [Internet]. 2022;61(101565):101565. Available from:

<http://dx.doi.org/10.1016/j.smr.2021.101565> → [UK], Sleep quality, insomnia and stress are all interconnected and affect university students impacting their academic performance and mental health

19. Blackman J, Swirski M, Clynes J, Harding S, Leng Y, Coulthard E. Pharmacological and non-pharmacological interventions to enhance sleep in mild cognitive impairment and mild Alzheimer's disease: A systematic review. *J Sleep Res* [Internet]. 2021;30(4). Available from: <http://dx.doi.org/10.1111/jsr.13229> → [UK], Discusses different interventions to improve sleep, being melatonin supplementation one of the most relevant

20. Kocavska D, Lysen TS, Dotinga A, Koopman-Verhoeff ME, Luijk MPCM, Antypa N, et al. Sleep characteristics across the lifespan in 1.1 million people from the Netherlands, United Kingdom and United States: a systematic review and meta-analysis. *Nat Hum Behav* [Internet]. 2020;5(1):113–22. Available from: <http://dx.doi.org/10.1038/s41562-020-00965-x> → [UK, Netherlands and USA], Shows that spending 7–8 h in bed is associated with better sleep quality and fewest insomnia symptoms, similar to a general-population study in Norwich, United Kingdom. Also that women tend to sleep longer and better than men. Insomnia being far worse in the US, compared to European countries, with a lot more cases and poorer sleep quality.