

# Working populations mood alteration in four activity modes: quiet lunch time, running, swimming, and weight training.

University of Wales Institute, Cardiff - Tracking



Description: -

-working populations mood alteration in four activity modes: quiet lunch time, running, swimming, and weight training.

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BA (Hons) Sport & Human Movement Studiesworking populations mood alteration in four activity modes: quiet lunch time, running, swimming, and weight training.

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## Before you continue

You can also search for this author in Contributions Daniel Bonnar, Kate Bartel, Christin Lang, and Naomi Kakoschke conceived and designed the study.

## Before you continue

That leaves them with oxygen deprivation, saps your energy, and leaves you feeling fatigued and weak.

## Sleep Interventions Designed to Improve Athletic Performance and Recovery: A Systematic Review of Current Approaches

Fullagar HHK, Skorski S, Duffield R, et al. They increase the risk of falling asleep while driving, increase chronic pain, throw off hormonal balance, and lead to weight gain. Methods A systematic review was conducted based on the PRISMA guidelines in May 2016 with an update completed in September 2017.

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Sleep apnea and sports performance.

## The acute effects of exercise on mood state

Lifestyle changes such as eating more fruits and vegetables, getting moderate exercise, and practicing good sleep hygiene can ease daytime sleepiness. The effect of prior endurance training on nap sleep patterns.

## **Tracking**

Early-morning training severely restricts the amount of sleep obtained by elite swimmers. Cancer More than 80% of people with experience cancer-related fatigue. Circadian Rhythm Disorders Various can leave you feeling too sleepy during the day.

## **Sleep Interventions Designed to Improve Athletic Performance and Recovery: A Systematic Review of Current Approaches**

^ Excessive daytime sleepiness can be caused by lifestyle factors or health conditions.

## **Sleep Interventions Designed to Improve Athletic Performance and Recovery: A Systematic Review of Current Approaches**

The effect of partial sleep deprivation on weight-lifting performance.

## Related Books

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