

## Sleep science in sports: exploring the interplay between sleep, physical activity, health, and performance in athletes, general populations, and psychiatric patients

We are seeking manuscript submissions for our upcoming issue of *Sports Psychiatry – the Journal of Sports and Exercise Psychiatry* centered around **“Sleep science in sports: exploring the interplay between sleep, physical activity, health, and performance in athletes, general populations, and psychiatric patients.”** We welcome conceptual or empirical manuscripts with an international perspective on this topic. This can include review articles, meta-analyses, consensus statements, full original research reports, or brief communications, consistent with our typical article types for *Sports Psychiatry*. The issue will focus on the following topics:

### Studies on athletes that ...

- examine the prevalence and course of poor sleep and sleep disorders among athletes of varying performance levels;
- explore psychological, social and environmental factors that increase or decrease the risk of sleep disorders;
- shed light on the effects of poor sleep and sleep disorders on their health and performance;
- increase our understanding of the current care system (including potential barriers that keep athletes away from seeking help);
- examine intervention programs designed to prevent sleep disorders and to improve sleep health among athletes;
- examine the association of circadian rhythm synchronization and performance in athletes, and the effects of interventions to improve circadian synchronization.

### Studies on the general population that ...

- examine the reciprocal association between physical activity/exercise, sleep and sleep disorders across all ages and in different professional groups;
- explore mechanisms that explain the association between physical activity, exercise and sleep;
- examine how sleep deprivation impacts the motivation to engage in physical activity
- compare levels and trajectories of physical activity/inactivity in populations with and without sleep disorders;
- examine circadian influences on the level and pattern of physical activity and inactivity;
- deepen our knowledge on different physical activity/exercise modalities in the treatment of sleep disorders (as single or add-on therapy);

### Studies on psychiatric populations that ...

- examine the reciprocal association between physical activity/exercise, sleep and sleep disorders across all psychiatric disorders;
- implement physical activity interventions to improve sleep health
- implement sleep interventions to improve physical activity levels
- explore how physical activity/exercise can be promoted in patients with primary or co-morbid sleep disorders.

## Article types

- Original research, abstract max. 250 words; article max. 3000 words; max. 60 references; max. 6 fig./tab.
- Reviews / meta-analyses, abstract max. 250 words; article max. 4000 words; max. 80 references; max. 6 fig./tab.
- Letter to the editor / commentaries, max. 1000 words; max. 10 references; max. 1 fig./tab.
- Consensus statements, position papers, scope, only after prior editorial board approval

Please follow the instructions for authors on the journal website: [www.hgf.io/spp](http://www.hgf.io/spp)

## Article processing charges (APC)

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## Approximate timeline for submissions

Authors are invited to submit a full manuscript due **31 August 2025**. All manuscripts will be subject to full editorial board and peer review and must be submitted in Editorial Manager®. We anticipate that the issue will be published in November 2025.

**August 2025:** manuscripts due (latest)

**September 2025:** Reviews provided to authors (latest)

**October 2025:** Revised manuscripts due (latest)

**November 2025:** Publication of the issue (tentative)

We are looking forward to your submissions!

*Christin Lang, PhD, Guest Editor*

*Daniel Erlacher, PhD, Guest Editor*

*Markus Gerber, PhD, Associate Editor Sports Psychiatry*

*Cele E. Richardson, PhD, Guest Editor*

*Shawn Youngstedt, PhD, Guest Editor*

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