



CHERCHEUR EN PHYSIOLOGIE DE LA PERFORMANCE SPORTIVE

**NEDELEC MATHIEU**

**PHD**

ETHICAL REFERENT

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## SPECIALITY

- > Physiology of physical activity and training

## RESEARCH TOPICS

- > Performance
- > Fatigue
- > Recovery
- > Sleep

## SCIENTIFIC SUPPORT (ASP)

- > **Interventions** : recovery, sleep
- > **Measurements** : surveys, interview guide, actimetry, polysomnography, heart rate variability, core temperature, skin temperature, biochemical markers (creatine kinase), isokinetic ergometer, optojump, maximal effort test with gas exchange measurement, hypnosis
- > **Federations** : Multi federations

## MAIN SCIENTIFIC PUBLICATIONS

- > [Nedelec M, Aloulou A](#), Duforez F, Meyer T, Dupont G. The Variability of Sleep Among Elite Athletes. Sports Med - Open. 2018;4(1):34. [Vers l'article](#)
- > [Nédélec M](#), Halson S, Abaidia A-E, Ahmaidi S, Dupont G. Stress, Sleep and Recovery in Elite Soccer: A Critical Review of the Literature. Sports Med. 2015;45(10):1387-1400. [Vers l'article](#)
- > [Nédélec M](#), Halson S, Delecroix B, Abaidia A-E, Ahmaidi S, Dupont G. Sleep Hygiene and Recovery Strategies in Elite Soccer Players. Sports Med. 2015;45(11):1547-1559. [Vers l'article](#)
- > [Nédélec M](#), McCall A, Carling C, Legall F, Berthoin S, Dupont G. Recovery in Soccer: Part II—Recovery Strategies. Sports Med. 2013;43(1):9-22. [Vers l'article](#)
- > [Nedelec M](#), Wisloff U, McCall A, Berthoin S, Dupont G. Recovery after an Intermittent Test. Int J Sports Med. 2012;34(06):554-558. [Vers l'article](#)



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