

ASPETAR WORLD CONFERENCE 2025

09th - 11th October 2025, Aspire Zone

ASPETAR
أسبیتار

AGENDA

SLEEP AND TRAVEL IN ELITE SPORT- IMPLICATIONS FOR PERFORMANCE AND FATIGUE

13 October 2025

#Aspetarcon25



Target Audience: Physicians, Allied Health Practitioners, Others (Sports Scientists, Coaches, Researchers)

Activity code: HGI-03-P174

Venue: Aspetar, Auditorium

Time: 13:00-15:30

Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Develop their knowledge and practical skills to formulate tailored and comprehensive travel and sleep plans
2. Examine and compare risk management principals to solve illness prevention challenges during travel

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 2.25 hours.

Date	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
12:30 – 13:00	Registration		
13:00 – 13:40	Lecture: Sleep in athletes – best-evidence update	<ul style="list-style-type: none"> Discuss the importance of sleep for athletic performance, recovery and health 	Hugh Fullagar
13:40 – 14:10	Panel: Sleep in athletes	<ul style="list-style-type: none"> Compare their own experiences and discuss commonalities and differences of their perspectives on sleep in athletes 	Chair: Hugh Fullagar
14:10 – 14:30	Break		
14:30 – 15:00	Travelling with teams – tips and pearls for sleep and hygiene and illness prevention	<ul style="list-style-type: none"> Discuss the impacts of sleep interventions to minimize the impact of travel, jetlag and fatigue for team sport athletes 	Christa Janse van Rensburg
15:00 – 15:30	Panel: Travelling with team sports Group discussion	<ul style="list-style-type: none"> Apply the day's collective learnings to enhance your travel and sleep practices for your sporting organisation 	Chair: Juan Manuel Alonso

Scientific Planning Committee:

Prof. Hugh Fullagar (Chair), Prof. Hugh Fullagar, Dr. Christa Janse van Rensburg, Dr. Juan Manuel Alonso

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 130 minutes; lecture: 55 minutes; interactive: 75 minutes (58%)