

- Adan, A. & Natale, V. (2002). Gender differences in morningness-eveningness preference. *Chronobiology International*, 19, 4, 709-720.
- Adan, A. & Sánchez-Turet, M. (2001). Gender differences in diurnal variations of subjective activation and mood. *Chronobiology International*, 18, 3, 491-502.
- Albrecht, U. & Eichele, G. (2003). The mammalian circadian clock. *Current Opinion on Genetic Development*, 13, 3, 271-277.
- Aldemir, H., Atkinson, G., Cable, T., Edwards, B., Waterhouse, J. & Reilly, T. (2000). A comparison of the immediate effects of moderate exercise in the early morning and late afternoon on core temperature and cutaneous thermoregulatory mechanisms. *Chronobiology International*, 17, 2, 197-207.
- Allen-Gomes, A., Azevedo, M., Folkard, S. & Silva, C. (1998). Time awareness and biological rhythms. In Fundação Bial (Ed.), *Aquém e além do cérebro* (pp. 249-252). Porto.
- Amaral, A. (1997). *Alterações circadianas na depressão*. Dissertação de mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Ancoli-Israel, S., Cole, R., Alessi, C., Chambers, M., Moorcroft, W. & Pollack, C. (2003). The role of actigraphy in the study of sleep and circadian rhythms. *Sleep*, 26, 3, 342-392.
- Andrade, M., Benedito-Silva, A. & Menna-Barreto, L. (1992). Correlations between morningness-eveningness character, sleep habits and temperature rhythm. *Brazilian Journal of Medical and Biological Research*, 25, 4, 835-839.
- Andrade, M., Benedito-Silva, A., Domenice, S., Arnhold, I. & Menna-Barreto, L. (1993). Sleep characteristics of adolescents: A longitudinal study. *Journal of Adolescent Health*, 14, 401-406.

- Anokhin, P. (1974). *Biology and neurophysiology of the conditioned reflex and its role in adaptive behavior*. Oxford: Pergamon Press.
- Antle, M., Foley, D., Foley, N. & Silver, R. (2003). Gates and oscillators: A network model of the brain clock. *Journal of Biological Rhythms*, 18, 4, 339-350.
- Arendt, J. (1998a). Melatonin and the pineal gland: Influence on mammalian seasonal and circadian physiology. *Reviews of Reproduction*, 3, 1, 13-22.
- Arendt, J. (1998b). Biological rhythms: The science of chronobiology. *Journal of the Royal College of Physicians of London*, 32, 1, 27-35.
- Arendt, J., Minors, D. & Waterhouse J. (1989). *Biological rhythms in clinical practice*. London: Wright.
- Ariagno, R. & Mirmiran, M. (2001). Development of fetal and neonatal circadian rhythms. *Chronobiology International*, 18, 6, 1062-1063.
- Armstrong, L. (2000). *Performing in extreme environments*. Champaign Ill: Human Kinetics.
- Arnett, M. (2001). The effect of a morning and afternoon practice schedule on morning and afternoon swim performance. *Journal of Strength and Conditioning Research*, 15, 1, 127-131.
- Arnett, M. (2002). Effects of prolonged and reduced warm-ups on diurnal variation in body temperature and swim performance. *Journal of Strength and Conditioning Research*, 16, 2, 256-261.
- Aschoff, J. (1992). *Handbook of behavioral neurobiology: Biological rhythms*. New York: Plenum Press.
- Aschoff, J. (1994). On the aging of circadian systems. In T. Hiroshige & K. Honma (Eds.), *Evolution of circadian clocks* (pp. 23-44). Sapporo: Hokaido University Press.

- Astrand, P. & Rodahl, K. (1986). *Textbook of work physiology*. New York: McGraw-Hill.
- Atkinson, G. & Reilly, T. (1995). Effects of age and time of day on preferred work rates during prolonged exercise. *Chronobiology International*, 12, 2, 121-134.
- Atkinson, G. & Reilly, T. (1996). Circadian variance in sports performance. *Sports Medicine*, 21, 4, 292-312.
- Atkinson, G. & Speirs, L. (1998). Diurnal variations in tennis services. *Perceptual and Motor Skills*, 86, 1335-1338.
- Atkinson, G., Coldwells, A. & Reilly, T. (1992). The influence of age on diurnal variations in competitive cycling performances. *Journal of Sport Sciences*, 12, 127-128.
- Atkinson, G., Coldwells, A., Reilly, T. & Waterhouse, J. (1993). Circadian rhythmicity in self-chosen work-rate. In C. Gutenbrunner, G. Hildebrandt & R. Moog (Eds.), *Chronobiology and chronomedicine. Basic research and applications* (pp. 478-484). Frankfurt: Lang Verlag.
- Atkinson, G., Witte, K., Nold, G., Sasse, U. & Lemmer, B. (1994). Effects of age on circadian blood pressure and heart rate rhythms in patients with primary hypertension. *Chronobiology International*, 11, 1, 35-44.
- Atkinson, T., Reilly, J., Waterhouse, J. & Winterburn, S. (1997). Pharmacology and the travelling athlete. *The Clinical Pharmacology of Sport and Exercise*, 3, 3, 293-301.
- Azevedo, M., Silva, C. & Paz-Ferreira, C. (1988). Distúrbios do ritmo sono-vigília. *Coimbra Médica*, 9, 267-269.

- Azevedo, M., Silva, C., Clemente, V., Ferreira, A. & Coelho, I. (1993). Estrutura factorial e estabilidade do Inventário do Tipo Circadiano. *Psiquiatria Clínica*, 14, 3, 165-170.
- Azevedo, M., Silva, C., Ferreira, A., César, H. & Clemente, V. (1994). *O modelo cronobiológico da depressão*. Comunicação apresentada no I Encontro de Psiquiatria do Hospital Sobral Cid, Hospital Sobral Cid, Coimbra, Portugal.
- Badillo, G., Garcia, G., Vicente, V., Galindos, D. & Jiménez, F. (1998). Estudio sobre la adaptación al cambio horario entre España y Australia de un grupo de nadadores de elite. *Comunicaciones Técnicas*, 5, 3-23.
- Baehr, E., Eastman, C., Revelle, W., Olson, S., Wolfe, L. & Zee, P. (2003). Circadian phase-shifting effects of nocturnal exercise in older compared with young adults. *American Journal of Physiology*, 284, 6, 1542-1550.
- Baehr, E., Fogg, L. & Eastman, C. (1999). Intermittent bright light and exercise to entrain human circadian rhythms to night work. *American Journal of Physiology*, 277, 6, 1598-1604.
- Bailey, S. & Heitkemper, M. (2001). Circadian rhythmicity of cortisol and body temperature: Morningness-eveningness effects. *Chronobiology International*, 18, 2, 249-261.
- Baker, F., Waner, J., Vieura, E., Taylor, S., Driver, H. & Mitchell, D. (2001). Sleep and 24 hour body temperatures: A comparison in young naturally cycling women and women taking hormonal contraceptives. *Journal of Physiology*, 530, 3, 565-574.
- Bandura, A. (1965). Influence of model's reinforcement contingencies on the acquisition of imitative responses. *Journal of Personality and Social Psychology*, 1, 589-595.

- Bandura, A. (1994). *Self-efficacy: The exercise of control*. New York: Freeman.
- Baxter, C. & Reilly, T. (1983). Influence of time of day on all-out swimming. *British Journal of Sports Medicine*, 17, 2, 122-128.
- Bearpark, H. & Michie, P. (1987). Changes in morningness-eveningness scores during adolescence and their relation to sleep/wake disturbances. *Chronobiologia*, 2, 151.
- Bernard, T., Giacomoni, M., Gavarry, O., Seymat, M. & Falgairette, G. (1998). Time-of-day effects in maximal anaerobic leg exercise. *European Journal of Applied Physiology*, 77, 1-2, 133-138.
- Berson, D., Dunn, F. & Takao, M. (2002). Phototransduction by retinal ganglion cells that set the circadian clock. *Science*, 295, 5557, 1070-1073.
- Birch, K. & Reilly, T. (2002). The diurnal rhythm in isometric muscular performance differs with eumenorrheic menstrual cycle phase. *Chronobiology International*, 19, 4, 731-742.
- Borg, G. (1998). *Borg's perceived exertion and pain scales*. Champaign Ill: Human Kinetics.
- Borg, G. (2001). *Perceived exertion in sport and exercise*. Proceedings of 10<sup>th</sup> World Congress of Sport Psychology organized by the International Society of Sport Psychology. Greece, May 28 – June 2, 2001.
- Borralho, P. (2000). *Estudo padronizado do trabalho por turnos em agentes da P.S.P.* Dissertação de Mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Boujon, C. & Quaireau, C. (2001). *Atenção e sucesso escolar*. Porto: Rés-Editora.
- Branco, J., Atalaia, A. & Paiva, P. (1994). Sleep cycles and alpha-delta sleep in fibromyalgia syndrome. *The Journal of Rheumatology*, 21, 6, 1113-1117.

- Brown, A., Smolensky, M., D'Alonzo, G. & Redman, D. (1990). Actigraphy: A means of assessing circadian patterns in human activity. *Chronobiology International*, 7, 2, 125-133.
- Bugge, J., Opstag, P. & Magnus, P. (1979). Changes in the circadian rhythm of performance and mood in healthy young men exposed to prolonged, heavy physical work, sleep deprivation and calorific deficit. *Aviation and Space Environmental Medicine*, 50, 663-668.
- Buijs, R., Fleur, S., Wortel, J., Heyningen, C., Zuiddam, L., Mettenleiter, T., Kalsbeek, A., Nagai, K. & Nijima, A. (2003). The suprachiasmatic nucleus balances sympathetic and parasympathetic output to peripheral organs through separate preautonomic neurons. *The Journal of Comparative Neurology*, 464, 36-48.
- Buijs, R., Van Eden, C., Goncharuk, V. & Kalsbeek, A. (2003). The biological clock tunes the organs of the body: Timing by hormones and the autonomic nervous system. *Journal of Endocrinology*, 177, 1, 17-26.
- Bulatova, M. & Platonov, V. (1997). Ritmi circadiani ed attività d'allenamento e di gara. *Rivista di Cultura Sportiva*, 16, 39, 20-27.
- Burgoon, P., Holland, G., Loy, S. & Vincent, W. (1992). A comparison of morning and evening "types" during maximum exercise. *Journal of Applied Sport Science Research*, 6, 2, 115-119.
- Buxton, O., Frank, S., L'Hermite-Baleriaux, M., Leproult, R., Turek, F. & Van Cauter, E. (1997). Roles of intensity and duration of nocturnal exercise in causing phase delays of human circadian rhythms. *American Journal of Physiology*, 273, 3, 536-542.
- Cabri, J., Clarys, J., De Witte, B., Reilly, T. & Strass, D. (1998). Circadian variation in blood pressure responses to muscular exercises. *Ergonomics*, 31, 1559-1566.

- Cacioppo, J. & Tassinari, L. (1990). Psychophysiology and psychophysiological inference. In J. Cacioppo & L. Tassinari (Eds.), *Principles of psychophysiology: Physical, social, and inferential elements* (pp. 3-33). Cambridge: Cambridge University Press.
- Callard, D., Davenne, D., Gauthier, A., Lagarde, D. & Van Hoecke, J. (2000). Circadian rhythms in human muscular efficiency: Continuous physical exercise versus continuous rest. A crossover study. *Chronobiology International*, 17, 5, 693-704.
- Callard, D., Davenne, D., Lagarde, D., Meney, I., Gentil, C. & Van Hoecke, J. (2001). Nycthemeral variations in core temperature and heart rate: Continuous cycling exercise versus continuous rest. *International Journal of Sports Medicine*, 22, 8, 553-557.
- Cardinali, D. (2000). The human body circadian: How the biological clock influences sleep and emotion. *Neuroendocrinology Letter*, 21, 1, 9-15.
- Carrier, J. & Monk, T. (2000). Circadian rhythms of performance: New trends. *Chronobiology International*, 17,6, 719-732.
- Carrier, J., Monk, T., Buysse, D. & Kupfer, D. (1997). Sleep and morningness-eveningness in the “middle” years of life. *Journal of Sleep Research*, 6, 2, 230-237.
- Carvalho, S. (1999). *Síndrome de (jet lag) travessia rápida de fusos horários em tripulantes de aeronaves: factores psicológicos e cronobiológicos*. Dissertação de Mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Casas, A. & Gonzáles, M. (1975). *Morfología, estructura y función de los centros nerviosos*. Madrid: Editorial Paz Montalvo.

- Cauraugh, J., Gabert, T. & White, T. (1990). Tennis serving velocity and accuracy. *Perceptual and Motor Skills*, 70, 719-722.
- Cermakian, N. & Boivin, D. (2003). A molecular perspective of human circadian rhythm disorders. *Brain Research Review*, 42, 3, 204-220.
- Challet, E., Caldelas, I., Graff, C. & Pevet, P. (2003). Synchronisation of the molecular clockwork by light and food related cues in mammals. *Biology and Chemistry*, 384, 5, 711-719.
- Cipolla-Neto, J., Marques, N. & Menna-Barreto, L. (1988). *Introdução ao estudo da cronobiologia*. São Paulo: Ícone Editora.
- Cohen, C. (1995). Circadian variation of the respiratory exchange ratio during submaximal treadmill exercise. *Research Quarterly Exercise*, 66, 23.
- Coldwells, A., Atkinson, G. & Reilly, T. (1994). Sources of variation in back and leg dynamometry. *Ergonomics*, 37, 1, 79-86.
- Coldwells, A., Atkinson, G., Reilly, T. & Waterhouse, J. (1993). Self-chosen work-rates determines day-night differences in work capacity. *Ergonomics*, 36, 313.
- Colquhoun, P. (1971). *Biological rhythms and human performance*. London: Academic Press.
- Colquhoun, P. (1992). Rhythms in performance. In J. Aschoff (Ed.), *Handbook of behavioral neurobiology: Biological rhythms* (pp. 333-348). New York: Plenum Press.
- Crépon, P. (1985). *Ritmo biológico da criança*. Lisboa: Editorial Verbo.
- Cruz, A. & Silva, C. (1995). Consequências do trabalho por turnos. *Sinais Vitais*, 3, 37-42.
- Cruz, J. & Mota, M. (1997). Adaptação e características psicométricas do “POMS – Profile of mood states” e do “STAI – State-trait anxiety inventory”. In M.

- Gonçalves, I. Ribeiro, S. Araújo, C. Machado, L. Almeida & M. Simões (Orgs.), *Avaliação Psicológica: Formas e contextos* Vol. 5. Braga.
- Cruz, J. (1996a). *Stress, ansiedade e rendimento na competição desportiva*. Braga: CEEP.
- Cruz, J. (1996b). *Manual de psicologia do desporto*. Braga: SHO.
- Czeisler, C., Duffy, J., Shanahan, T., Brown, E., Mitchell, J., Rimmer, D., Ronda, J., Silva, E., Allan, J., Emens, J., Dijk, D. & Kronauer, R. (1999). Stability, precision and near 24-hour period of the human circadian pacemaker. *Science*, 284, 5423, 2177-2181.
- Dalton, B., McNaughton, L. & Davoren, B. (1997). Circadian rhythms have no effect on cycling performance. *International Journal of Sports Medicine*, 18, 7, 538-542.
- Davis, F. & Gorski, R. (1985). Development of hamster circadian rhythms: Prenatal entrainment of the pacemaker. *Journal of Biological Rhythms*, 1, 77-89.
- Delmas, A. (1975). *Voies et centre nerveux*. Paris: Masson Editeurs.
- Deschenes, M., Kraemer, W., Bush, J., Doughty, T., Kim, D., Mullen, K. & Ramsey, K. (1998). Biorhythmic influences on functional capacity of human muscle and physiological responses. *Medicine and Science in Sports and Exercise*, 30, 9, 1399-1407.
- Deschenes, M., Sharma, J., Brittingham, K., Casa, D., Armstrong, L. & Maresch, C. (1998). Chronobiological effects on exercise performance and selected physiological responses. *European Journal of Applied Physiology*, 77, 1-2, 249-256.
- Dienstbier, R. (1989). Arousal and physiological toughness: Implications for mental and physical health. *Psychological Review*, 96, 1, 84-100.

- Dienstbier, R. (1991). Behavioral correlates of sympathoadrenal reactivity: The toughness model. *Medicine and Science in Sports and Exercise*, 23, 7, 846-852.
- Dodge, R. (1990). Fatiga y ritmos circadianos: Efectos sobre el rendimiento. In G. Buena-Casal & J. Humanes (Eds.), *Avances en la investigación del sueño y sus trastornos* (pp. 153-161). Madrid: Siglo Veintiuno Editores.
- Down, A., Reilly, T. & Parry-Billings, M. (1985). Time of day and performance of the Wingate Anaerobic Test. *Journal of Sports Science*, 3, 214.
- Duarte, J. (1996). *Factores preditores da tolerância ao trabalho por turnos em estudantes de enfermagem*. Dissertação de Mestrado não publicada. Universidade de Extremadura, Badajoz, Espanha.
- Duarte, J., Azevedo, M. & Silva, C. (1997). Estudo do inventário do tipo circadiano com uma amostra de enfermeiros. *Psicologia: Teoria, Investigação e Prática*, 2, 2, 269-278.
- Duffy, J., Dijk, D., Hall, E. & Czeisler, C. (1999). Relationship of endogenous circadian melatonin and temperature rhythms to self-reported preference for morning or evening activity in young and older people. *Journal of Investigative Medicine*, 47, 3, 141-150.
- Dunlap, J. (1999). Molecular basis for circadian clocks. *Cell*, 96, 2, 271-290.
- Eastman, C., Hoese, E., Youngstedt, S. & Liu, L. (1995). Phase-shifting human circadian rhythms with exercise during the night shift. *Physiology and Behavior*, 58, 6, 1287-1291.
- Edgar, D., Martin, C. & Dement, W. (1991). Activity feedback to the mammalian circadian pacemaker: Influence of observed measures of rhythm period length. *Journal of Biological Rhythms*, 6, 185-199.

- Eichner, R. (1994). Circadian rhythms. *The Physician and Sports Medicine*, 22, 10, 82-93.
- Estaca, T. (1998). *Adaptação ao trabalho por turnos: factores cronopsicológicos*. Dissertação de Mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Falgairrette, G., Billaut, F. & Ramdani, S. (2003). Effects of recovery duration and time of day on sprint performance. *Canadian Journal of Applied Physiology*, 28, 2, 213-224.
- Feldman, J. (1982). Genetic approaches to circadian clocks. *Annual Review of Plant Physiology*, 33, 583-608.
- Fernald, R. (2001). The evolution of eyes. *Karger Gazette*, 64, 2-4.
- Ferreira, C. & Ferreira, A. (2000). Doença de Alzheimer, ritmos biológicos e cronoterapia. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 433-440.
- Ferreira, M. (1998). *Ritmos biológicos na criança hospitalizada*. Dissertação de Mestrado não publicada. Universidade do Porto, Porto, Portugal.
- Folkard, S. & Monk, T. (1979). Time of day processing strategy in free recall. *Quarterly Journal of Experimental Psychology*, 31, 461-475.
- Folkard, S. & Monk, T. (1980). Circadian rhythms in human memory. *British Journal of Psychology*, 71, 295-307.
- Folkard, S. (1983). Diurnal variation in human performance. In G. Hockey (Ed.), *Stress and fatigue in human performance* (pp. 245-272). Chichester: Wiley.
- Folkard, S. (1990). Circadian performance rhythms: Some practical and theoretical implications. *Philosophical and Transcendental Royal Society of London*, 327, 1241, 543-553.

- Folkard, S., Akerstedt, T. & MacDonald, I. (1999). Beyond the three-process model of alertness: Estimating phase, time on shift and successive night effects. *Journal of Biological Rhythms*, 14, 577-587.
- Giacomoni, M., Bernard, T. & Falgairette, G. (1998). Rythmes circadiens des réponses bioénergétiques au repos et à l'exercice: Influence sur la performance sportive. *Science et Motricité*, 32, 3-15.
- Gifford, L. (1987). Circadian variation in human flexibility and human strength. *Australian Journal of Physiotherapy*, 33, 3-9.
- Godinho, A. (1996). *Factores preditivos da tolerância ao trabalho por turnos*. Dissertação de Mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Goel, N. (2002). An auditory stimulus phase shifts the circadian core body temperature rhythm in humans. *Chronobiology International*, 19, 5, 970-971.
- Golombek, D. & Ralph, M. (1996). Let there be light: Signal transduction in a mammalian circadian system. *Brazilian Journal of Medical and Biological Research*, 29, 1, 131-140.
- Gomes, A., Silva, C., Clemente, V., Ferreira, A., Coelho, I., César, H., Pissarra, C. & Azevedo, M. (1999). Reliability and factor analysis of the time awareness questionnaire (portuguese version). *Vigilia-Sueño*, 11, 2, 105-110.
- Goss, J. (1994). Hardiness and mood disturbances in swimmers while overtraining. *Journal of Sport and Exercise Psychology*, 16, 2, 135-149.
- Gould, D. (2001). *The psychology of olympic excellence and it's development*. Proceedings of 10<sup>th</sup> World Congress of Sport Psychology organised by the International Society of Sport Psychology. Greece, May 28 – June 2, 2001.

- Gould, D., Greenleaf, C., Guinan, D. & Chung, Y. (2002). A survey of U.S. olympic coaches: Variables perceived to have influenced athlete performances and coach effectiveness. *Sport Psychologist*, 16, 3, 229-250.
- Gray, J., Feldon, I., Rawlins, J., Hemsley, D. & Smith, A. (1991). The neuropsychology of schizophrenia. *Behavioral Brain Science*, 14, 1-84.
- Griefahn, B. (2002). The validity of the temporal parameters of the daily rhythm of melatonin levels as an indicator of morningness. *Chronobiology International*, 19, 3, 561-577.
- Gupta, B. & Deka, A. (1975). Application of chronobiology to radiotherapy of tumour of the oral cavity. *Chronobiologia*, 2, 125.
- Gutenbrunner, C. (1993). Circadian variations of physical training. In C. Gutenbrunner, G. Hildebrandt & R. Moog (Eds.), *Chronobiology and chronomedicine: Basic research and applications* (pp. 665-680). Frankfurt: Lang Verlag.
- Habib, M. (2000). *Bases neurológicas dos comportamentos*. Lisboa: Climepsi Editores.
- Halberg, F. (1969). Chronobiology. *Annual Review of Physiology*, 31, 675-725.
- Halberg, F., Carandente, F., Cornélissen, G. & Katinas, G. (1977). Glossary of chronobiology. *Chronobiologia*, 4, 1, 1-189.
- Hall, J. & Robash, M. (1987). Genetic analysis of biological rhythms. *Journal of Biological Rhythms*, 2, 153-178.
- Hall, J. (1990). Genetics of circadian rhythms. *Annual Review of Genetics*, 24, 659-697.
- Hanson, T. & Newburg, D. (1992). Naturalistic inquiry as a paradigm for doing applied performance enhancement research. *Contemporary Thought on Performance Enhancement*, 1, 1, 26-48.

- Harada, T., Iwanaga, A., Yamashita, Y., Okazaki, Y. & Takeuchi, H. (2001). Physical training makes japanese junior high school students morning-typed. *Chronobiology International*, 18, 6, 1112-1113.
- Hardeland, R., Balzer, I., Poeggeler, B., Fuhrberg, B., Uria, H., Berhmann, G., Wolf, G., Meyer, T. & Reiter, R. (1995). On the primary functions of melatonin in evolution: Mediation of photoperiodic signals in a unicell, photooxidation and scavenging of free radicals. *Journal of Pineal Research*, 18, 104-111.
- Hattar, S., Liao, H., Takao, M., Berson, D. & Yau, K. (2002). Melanopsin-containing retinal ganglion cells: Architecture, projections and intrinsic photosensitivity. *Science*, 295, 5557, 1065-1070.
- Helen, D., Savvas, T. & Konstantinos, N. (2001). *Physiological responses and rating of perceived exertion between elite and sub-elite rhythmic sports gymnasts*. Proceedings of 10<sup>th</sup> World Congress of Sport Psychology organized by the International Society of Sport Psychology. Greece, May 28 – June 2, 2001.
- Herzog, E. & Schwartz, W. (2002). A neural clockwork for encoding circadian time. *Journal of Applied Physiology*, 92, 1, 401-408.
- Herzog, E. & Tosini, G. (2001). The mammalian circadian clock shop. *Seminar of Cell Development*, 12, 4, 295-303.
- Higuchi, S., Liu, Y., Yuasa, T., Maeda, A. & Motohashi, Y. (2000). Diurnal variation in the P300 component of human cognitive event-related potential. *Chronobiology International*, 17, 5, 669-678.
- Hill, D. & Smith, J. (1991). Circadian rhythm in anaerobic power and capacity. *Canadian Journal of Sports Science*, 16, 1, 30-32.

- Hill, D., Borden, D. & Darnaby, K. (1992). Effect of time of day on aerobic and anaerobic responses to high intensity exercise. *Canadian Journal of Sports Science*, 17, 4, 316-319.
- Hill, D., Cureton, K. & Collins, M. (1989). Circadian specificity in exercise training. *Ergonomics*, 32, 79-92.
- Hill, D., Cureton, K., Collins, M. & Grisham, S. (1988). Diurnal variations in response to exercise of “morning types” and “evening types”. *Journal of Sports Medicine and Physical Fitness*, 28, 3, 213-219.
- Hofman, M. (2000). The human circadian clock and aging. *Chronobiology International*, 17, 3, 245-259.
- Holt, N. (2001). Psychosocial characteristics of elite adolescent athletes: An initial exploration. *Journal of Sport and Exercise Psychology*, 23, Supplement, 28.
- Honma, K., Hashimoto, S., Nakao, M. & Honma, S. (2003). Period and phase adjustments of human circadian rhythms in the real world. *Journal of Biological Rhythms*, 18, 3, 261-270.
- Horne, J. & Ostberg, O. (1976). A self-assessment questionnaire to determine morningness-eveningness in human circadian rhythms. *Chronobiology International*, 4, 2, 97-110.
- Horne, J., Brass, C. & Petit A. (1980). Circadian performance differences between morning and evening “types”. *Ergonomics*, 23, 29-36.
- Huguet, G., Touitou, Y. & Reinberg, A. (1997). Morning versus afternoon gymnastic time and diurnal and seasonal changes in psychophysiological variables of school children. *Chronobiology International*, 14, 4, 371-384.

- Ingjer, F. & Stromme, S. (1979). Effects of active, passive or no warm-up on the physiological response to heavy exercise. *European Journal of Applied Physiology*, 40, 4, 273-282.
- Ishihara, K., Honma, Y. & Miyake, S. (1990). Investigation of the children's version of the morningness-eveningness questionnaire with primary and junior high school pupils in Japan. *Perceptual and Motor Skills*, 71, 1353-1354.
- Jackson, S. (1992). Athletes in flow: A qualitative investigation of flow states in elite figure skaters. *Journal of Applied Sport Psychology*, 4, 2, 161-181.
- Javierre, C., Ventura, J., Segura, R., Calvo, M. & Garrido, E. (1997). Is physical training a good synchronizer of the performance? *Revista Espanola de Fisiologia*, 53, 2, 239-245.
- Javierre, C., Ventura, J., Segura, R., Calvo, M. & Garrido, E. (1996). Is the post-lunch dip in sprinting performance associated with the timing of food ingestion? *Revista Espanola de Fisiologia*, 52, 4, 247-253.
- Jehue, R., Street, D. & Huizenga, R. (1993). Effect of time zone and game time changes on team performance: National football league. *Medicine and Science in Sports and Exercise*, 25, 1, 127-131.
- Jewett, M. & Kronauer, R. (1999). Interactive mathematical models of subjective alertness and cognitive throughput in humans. *Journal of Biological Rhythms*, 14, 588-597.
- Jonhson, C. (2002). *Even green pond scum can suffer from jetlag: Structure of a biological clock protein determined for first time*. Retirado Dezembro 18, 2000 de <http://www.sciencedaily.com/releases/2002/12/021205084633.htm>.

- Kennaway, D. (2002). Programming of the fetal suprachiasmatic nucleus and subsequent adult rhythmicity. *Trends in Endocrinology Metabolism*, 13, 9, 398-402.
- Kerkhof, G. (1985). Inter-individual differences in the human circadian system: A review. *Biological Psychology*, 20, 83-122.
- Kiess, H. & Bloomquist, D. (1985). *Psychological research methods: A conceptual approach*. Boston: Allyn & Bacon.
- Kippert, F. (1985). On the origin of circadian rhythms. *Journal of Interdisciplinary Cycle Research*, 16, 77-84.
- Krauchi, K., Cajochen, C., Werth, E. & Wirz-Justice, A. (2002). Alteration of internal circadian phase relationships after morning versus evening carbohydrate-rich meals in humans. *Journal of Biological Rhythms*, 17, 4, 364-376.
- Krombholz, H. (1990). Circadian rhythm and performance during a 24-hour relay race. *Perceptual and Motor Skills*, 70, 2, 603-607.
- Kuller, R. (2002). The influence of light on circarhythms in humans. *Journal of Physiological Anthropology and Applied Human Science*, 21, 2, 87-91.
- Lakatua, D. (1992). Molecular and genetic aspects of chronobiology. In Y.Touitou & E. Haus (Eds.), *Biologic rhythms in clinical and laboratory medicine* (pp. 65-77). Heidelberg: Springer-Verlag.
- Lemmer, B., Kern, R., Nold, G. & Lohrer, H. (2002). Jet lag in athletes after eastward and westward time-zone transition. *Chronobiology International*, 19, 4, 743-764.
- Lincoln, Y. & Guba, E. (1985). *Naturalistic inquiry*. Beverly Hills: Sage.
- Littner, M., Kushida, C., Anderson, W., Bailey, D., Berry, R., Davila, D., Hirshkowitz, M., Kapen, S., Kramer, M., Loubé, D., Wise, M. & Johnson, S. (2003).

- Practice parameters for the role of actigraphy in the study of sleep and circadian rhythms: An update for 2002. *Sleep*, 26, 3, 337-341.
- Loat, C. & Rhodes, E. (1989). Jet lag and human performance. *Sports Medicine*, 8, 4, 226-238.
- Luce, G. (1972). *Body time*. London: Temple Smith.
- Lucidi, F. & Violani, C. (1997). Alterazioni del ciclo sonno-veglia e loro trattamento. *Rivista di Cultura Sportiva*, 16, 39, 15-19.
- Macedo, E. (2003). *Toxicodependência: efeitos na ritmicidade social (uma perspectiva de promoção da saúde)*. Tese de Mestrado não publicada. Universidade do Minho, Braga, Portugal.
- Manso, J., Valdivielso, M. & Caballero, J. (1996). *Planificación del entrenamiento deportivo*. Madrid: Gymnos Editorial.
- Maroco, J. (2003). *Análise estatística: Com utilização do SPSS*. Lisboa: Edições Sílabo.
- Marques, M. & Gimenez, M. (1996). Control of environmental variables in a field study using a chronobiological protocol. *Brazilian Journal of Medical and Biological Research*, 29, 1, 141-145.
- Marques, N. & Menna-Barreto, L. (1997). *Cronobiologia: Princípios e aplicações*. Rio de Janeiro: Editora Fiocruz.
- Martin, L. & Thompson, K. (2000). Reproducibility of diurnal variation in sub-maximal swimming. *International Journal of Sports Medicine*, 21, 6, 387-392.
- Martin, L., Doggart, A. & Whyte, G. (2001). Comparison of physiological responses to morning and evening submaximal running. *Journal of Sports Science*, 19, 12, 969-976.

- Martins, R. (1996). *Estudo padronizado das consequências do trabalho por turnos em enfermeiros*. Dissertação de Mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Martins, R., Azevedo, M. & Silva, C. (1996). Questionário Compósito de Matutividade para medição do “tipo diurno”: Caracterização psicométrica. *Psiquiatria Clínica*, 17, 2, 115-121.
- Matveiev, L. (1981). *O processo de treino desportivo*. Lisboa: Livros Horizonte.
- Matveiev, L. (1986). *Fundamentos do treino desportivo*. Lisboa: Livros Horizonte.
- McMurray, R., Hill, D. & Field, K. (1990). Diurnal variations of beta-endorphin at rest and after moderate intensity exercise. *Chronobiology International*, 7, 135-142.
- McNair, D., Lorr, M. & Droppleman, L. (1971). *Manual of profile of mood states*. S. Diego: Educational and Industrial Testing Service.
- Meichenbaum, D. (1977). *Cognitive-behavior modification: An integrative approach*. New York: Plenum Press.
- Melhin, A. (1993). Investigation of circadian rhythms in peak power and mean power of female physical education students. *International Journal of Sports Medicine*, 14, 6, 303-306.
- Melo, I. (2000). *Estudo de um instrumento de medida de perturbações do sono como indicador de risco de intolerância ao trabalho por turnos*. Tese de Mestrado não publicada. Universidade do Minho, Braga, Portugal.
- Menna-Barreto, L. & Marques, N. (2000). Datação da crise da incorporação do tempo na biologia. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 247-252.
- Menna-Barreto, L., Isola, A., Louzada, F., Benedito-Silva, A. & Mello, L. (1996). Becoming circadian – a one-year study of the development of the sleep-wake

- cycle in children. *Brazilian Journal of Medical and Biological Research*, 29, 1, 63-70.
- Mera, B. & Calva, B. (1998). The cartesian clock metaphor for pineal gland operation pervades the origin of modern chronobiology. *Neuroscience and Biobehavioral Reviews*, 23, 1, 1-4.
- Michel, S. & Colwell, C. (2001). Cellular communication and coupling within the suprachiasmatic nucleus. *Chronobiology International*, 18, 4, 579-600.
- Middelkoop, H. (1994). *Actigraph assessment of sleep and sleep disorders*. Delft: Eburon Publishers.
- Min, H. (1999). *The essence of circadian rhythm*. Retirado Julho 12, 2000 de <http://www.geocities.com/minhongtao/essence.html>.
- Minors, D. & Waterhouse, J. (1981). *Circadian rhythms and the human*. Bristol: John Wright & Sons.
- Minors, D., Akerstedt, T., Atkinson, G., Dahlitz, M., Folkard, S., Levi, F., Mormont, C., Parkes, D. & Waterhouse, J. (1996). The difference between activity when in bed and out of bed. I. Healthy subjects and selected patients. *Chronobiology International*, 13, 27-34.
- Miyazaki, T., Hashimoto, S., Masubuchi, S., Honma, S. & Honma, K. (2001). Phase-advance shifts of human circadian pacemaker are accelerated by daytime physical exercise. *American Journal of Physiology*, 281, 197-205.
- Monk, T. & Leng, V. (1982). Time of day effects in simple repetitive tasks: Some possible mechanisms. *Acta Psychologica*, 51, 207-221.
- Monk, T. (1989). Circadian rhythms in subjective activation, mood and performance efficiency. In M. Kryger, T. Roth & W. Dement (Eds.), *Principles and practice of sleep medicine* (pp. 1-36). Philadelphia: W. B. Saunders Co.

- Monk, T. (1992). Chronobiology of mental performance. In Y. Touitou & E. Haus (Eds.), *Biologic rhythms in clinical and laboratory medicine* (pp. 208-213). Heidelberg: Springer-Verlag.
- Monk, T., Fookson, J., Moline, M. & Pollak, C. (1985). Diurnal variation in mood and performance in a time isolated environment. *Chronobiology International*, 2, 185-193.
- Monk, T., Reynolds, C., Machen, M. & Kupfer, D. (1992). Daily social rhythms in the elderly and their relationship to objectively recorded sleep. *Sleep*, 15, 322-329.
- Monte-Arroio, E. (1999). *Sono, cronótipo e rendimento escolar*. Dissertação de Mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Monte-Arroio, E., Silva, C., Silvério, J., Pereira, A. & Alves, Z. (2000). Ritmos biológicos em educação: Um estudo com uma amostra de 756 estudantes do ensino secundário. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 301-312.
- Moore-Ede, M. (1986). Physiology of the circadian timing system: Predictive versus reactive homeostasis. *American Journal of Physiology*, 250, 737-752.
- Morin, L. (1994). The circadian visual system. *Brain Research Review*, 67, 102-127.
- Moussay, S., Dosseville, F., Gauthier, A., Larue, J., Sesboue, B. & Davenne, D. (2002). Circadian rhythms during cycling exercise and finger-tapping task. *Chronobiology International*, 19, 6, 1137-1149.
- Mrosovsky, N. (1999). Masking: History, definitions and measurement. *Chronobiology International*, 16, 4, 415-429.
- Mrosovsky, N. (2003). Beyond the suprachiasmatic nucleus. *Chronobiology International*, 20, 1, 1-8.

- Mummery, W. & Wankel, L. (1999). Training adherence in adolescent competitive swimmers: An application of the theory of planned behavior. *Journal of Sport and Exercise Psychology*, 21, 4, 313-328.
- Munoz, E. & Baler, R. (2003). The circadian e-box: When perfect is not good enough. *Chronobiology International*, 20, 3, 1151-1169.
- Murray, G., Allen, N. & Trinder, J. (2002). Mood and the circadian system: Investigation of a circadian component in positive affect. *Chronobiology International*, 19, 6, 1151-1169.
- Noble, B. & Robertson, R. (1996). *Perceived exertion*. Champaign Ill: Human Kinetics.
- O'Connor, P. & Davis, J. (1992). Psychobiologic responses to exercise at different times of day. *Medicine and Science in Sports and Exercise*, 24, 6, 714-719.
- O'Connor, P. & Morgan, W. (1990). Athletic performance following rapid traversal of multiple time zones. *Sports Medicine*, 10, 1, 20-30.
- Oster, H., Maronde, E. & Albrecht, U. (2002). The circadian clock as a molecular calendar. *Chronobiology International*, 19, 3, 507-516.
- Owens, D., MacDonald, I., Tucker, P., Sytnick, N., Minors, D., Waterhouse, J., Totterdell, P. & Folkard, S. (1998). Diurnal trends in mood and performance do not all parallel alertness. *Scandinavian Journal of Work, Environment and Health*, 24, 3, 109-114.
- Owens, D., MacDonald, I., Tucker, P., Sytnick, N., Totterdell, P., Minors, D., Waterhouse, J. & Folkard, S. (2000). Diurnal variations in the mood and performance of highly practised young women living under strictly controlled conditions. *British Journal of Psychology*, 91, 1, 41-61.

- Panza, J., Epstein, S. & Quyyumi, A. (1991). Circadian variation in vascular tone and its relation to alpha-sympathetic vasoconstrictor activity. *New England Journal of Medicine*, 325, 14, 986-990.
- Patton, M. (1990). *Qualitative evaluation and research methods*. Newbury Park: Sage.
- Phillips, B. (1994). Circadian rhythms and muscle strength performance. *Track Technique*, 126, 4026-4028.
- Piggins, H. (2002). Human clock genes. *Annals of Medicine*, 34, 394-400.
- Portaluppi, F., Manfredini, R. & Fersini, C. (1999). From a static to a dynamic concept of risk: The circadian epidemiology of cardiovascular events. *Chronobiology International*, 16, 1, 33-49.
- Procacci, P., Corte, M., Zoppi, M. & Maresca, M. (1974). Rhythmic changes of the cutaneous pain threshold in man. A general overview. *Chronobiologia*, 1, 1, 77-96.
- Queirós, A. (2000). *Avaliação do efeito do trabalho por turnos na variação circadiana da frequência cardíaca e tensão arterial*. Tese de Mestrado não publicada. Universidade do Minho, Braga, Portugal.
- Queirós, A., Silva, C. & Silvério, J. (2000). Trabalho por turnos, diferenças individuais e ritmos circadianos cardiovasculares. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 313-328.
- Ralph, M. & Hurd, M. (1996). Pacemaker interactions in the mammalian circadian system. *Brazilian Journal of Medical and Biological Research*, 29, 1, 77-85.
- Redlin, U. & Mrosovsky, N. (1997). Exercise and human circadian rhythms: What we know and what we need to know. *Chronobiology International*, 14, 2, 221-229.

- Redlin, U. (2001). Neural basis and biological function of masking by light in mammals: Suppression of melatonin and locomotor activity. *Chronobiology International*, 18, 5, 737-758.
- Reilly, T. & Baxter, C. (1983). Influence of time of day on reactions to cycling at a fixed high intensity. *British Journal of Sports Medicine*, 17, 2, 128-130.
- Reilly, T. & Brooks, G. (1982). Investigation of circadian rhythms in metabolic responses to exercise. *Ergonomics*, 25, 1093-1107.
- Reilly, T. & Brooks, G. (1986). Exercise and the circadian variation in body temperature measures. *International Journal of Sports Medicine*, 7, 6, 358-362.
- Reilly, T. & Down, A. (1986). Time of day and performance on all-out arm ergometry. In T. Reilly, J. Watkins & J. Borms (Eds.), *Kinanthropometry III* (pp. 296-300). London: E & FN Spoon.
- Reilly, T. & Down, A. (1992). Investigation of circadian rhythms in anaerobic power and capacity of the legs. *Journal of Sports Medicine and Physical Fitness*, 32, 4, 343-347.
- Reilly, T. & Garret, R. (1995). Effects of time of day on self-paced performances of prolonged exercise. *Journal of Sports Medicine and Physical Fitness*, 35, 2, 99-102.
- Reilly, T. & Garret, R. (1998). Investigation of diurnal variation in sustained exercise performance. *Ergonomics*, 41, 8, 1085-1094.
- Reilly, T. & Marshall, S. (1991). Circadian rhythms in power output on a swim bench. *Journal of Swimming Research*, 7, 11-13.

- Reilly, T. & Walsh, T. (1981). Physiological, psychological and performance measures during an endurance record for 5-a-side soccer play. *British Journal of Sports Medicine*, 15, 122-128.
- Reilly, T. (1987). Circadian rhythms and exercise. In D. McLeod, R. Maughan, M. Nimmo, T. Reilly & C. Williams (Eds.), *Exercise: Benefits, limits and adaptations*. London: E & FN Spon.
- Reilly, T. (1990). Human circadian rhythms and exercise. *Critical Reviews in Biomedical Engineering*, 18, 3, 165-180.
- Reilly, T. (1992). The circadian timekeeper and athletic performance. *Athletics Coach*, 26, 3, 28-29.
- Reilly, T. (1994). The human body clock and sports performance. *Coaching and Sport Science Journal*, 1, 1, 3-7.
- Reilly, T., Atkinson, G. & Waterhouse, J. (1997). *Biological rhythms and exercise*. Oxford: Oxford University Press.
- Reilly, T., Robinson, G. & Minors, D. (1984). Some circulatory responses to exercise at different times of day. *Medicine in Science and Sports Exercise*, 16, 5, 477-482.
- Reilly, T., Waterhouse, J. & Atkinson, G. (1997). Ageing, rhythms of physical performance and adjustment to changes in the sleep-activity cycle. *Occupational and Environmental Medicine*, 54, 232-238.
- Reilly, T., Young, K. & Seddon, R. (1983). Investigations of biorhythms in female athlete performance. *Applied Ergonomics*, 14, 215-217.
- Reinberg, A., Bicakova-Rocher, A., Mechkouri, M. & Ashkenazi, I. (2002). Right and left brain hemisphere. Rhythm in reaction time to light signals is task-load

- dependent: Age, gender and handgrip strength rhythm comparisons. *Chronobiology International*, 19, 6, 1087-1106.
- Reinberg, A., Guérin, N. & Boulenguiez, S. (1994). La chronobiologie: Organisation temporelle des êtres vivants. *Enfance*, 4, 367-476.
- Reinberg, A., Labrecque, G. & Smolensky, M. (1991). *Chronobiologie et chronothérapeutique*. Paris: Flammarion.
- Reinberg, A., Lewy, H. & Smolensky, M. (2001). The birth of chronobiology: Julien Joseph Virey 1814. *Chronobiology International*, 18, 2, 173-186.
- Reinberg, A., Proux, S., Bartal, J., Lyevi, F. & Bicakova-Rocher, A. (1985). Circadian rhythms in competitive sabre fencers: Internal desynchronization and performance. *Chronobiology International*, 2, 3, 195-201.
- Richardson, G. & Tate, B. (2000). Hormonal and pharmacological manipulation of the circadian clock: Recent developments and future strategies. *Sleep*, 23, 3, 77-85.
- Richardson, G. (1990). Circadian rhythms and aging. In E. Schneider & J. Rowe (Eds.), *Handbook of Aging* (pp. 207-239). S. Diego: Academic Press.
- Rietveld, W. (1996). General introduction to chronobiology. *Brazilian Journal of Medical and Biological Research*, 29, 1, 63-70.
- Rivkees, S. & Hao, H. (2000). Developing circadian rhythmicity. *Seminar of Perinatology*, 24, 4, 232-242.
- Rocco, M., Barry, J., Campbell, S., Nabel, E., Cook, E., Goldman, L. & Selwyn, A. (1987). Circadian variation of transient myocardial ischemia in patients with coronary heart disease. *Circulation*, 75, 395-400.
- Rodahl, A., O' Brien, M. & Firth, R. (1976). Diurnal variation in performance of competitive swimmers. *Journal of Sports Medicine and Physical Fitness*, 16, 72-76.

- Rodrigues, P. *Alternância hemisférica e actividade cognitiva: aspectos psicofisiológicos*. Tese de Mestrado não publicada. Universidade do Minho, Braga, Portugal.
- Rodriguez, J. & Ibanez, E. (2000). Efecto de las variaciones del sueño sobre los ritmos circadianos del rendimiento y la temperatura en pruebas de natación anaeróbicas. *Comunicaciones Técnicas*, 2, 19-25.
- Roenneberg, T. & Merrow, M. (2002). Life before the clock: Modelling circadian evolution. *Journal of Biological Rhythms*, 17, 6, 495-505.
- Roenneberg, T. (2003). Introduction. *Chronobiology International*, 20, 4, 525-528.
- Roenneberg, T., Daan, S. & Merrow, M. (2003). The art of entrainment. *Journal of Biological Rhythms*, 18, 3, 183-194.
- Roenneberg, T., Wirz-Justice, A. & Merrow, M. (2003). Life between clocks: Daily temporal patterns of human chronotypes. *Journal of Biological Rhythms*, 18, 1, 80-90.
- Rossi, B., Zani, A. & Meccaci, L. (1983). Diurnal individual differences and performance levels in some sport activities. *Perceptual and Motor Skills*, 57, 27-30.
- Rowbottom, D., Keast, D. & Morton, A. (1998). Monitoring and preventing of overreaching and overtraining in endurance athletes. In R. Kreider, A. Fry & M. O'Toole (Eds.), *Overtraining in sports* (pp. 47-66). Champaign Ill: Human Kinetics.
- Rusack, B. & Zucker, I. (1979). Neural regulation of circadian rhythms. *Physiological Reviews*, 59, 3, 449-526.
- Sadeh, A. & Acebo, C. (2002). The role of actigraphy in sleep medicine. *Sleep and Medicine Reviewed*, 6, 2, 113-124.

- Schaap, J., Pennartz, C. & Meijer, J. (2003). Electrophysiology of the circadian pacemaker in mammals. *Chronobiology International*, 20, 2, 171-188.
- Shephard, R. & Shek, P. (1996). Interactions between sleep, other body rhythms, immune responses and exercise. *Canadian Journal of Applied Physiology*, 22, 2, 95-116.
- Shephard, R. (1984). Sleep, biorhythms and human performance. *Sports Medicine*, 1, 11-37.
- Shephard, R. (1999). Biology and medicine of soccer: An update. *Journal of Sports Sciences*, 17, 757-786.
- Sherwood, D. & Schmidt, R. (1980). The relationship between force and force variability in minimal and near-maximal static and dynamic contractions. *Journal of Motor Behavior*, 12, 75-89.
- Shirakawa, T., Honma, S. & Honma, K. (2001). Multiple oscillators in the suprachiasmatic nucleus. *Chronobiology International*, 18, 3, 371-387.
- Silva, A., Moreira, C., Bicho, M., Paiva, T. & Gorjão-Clara, J. (2000). Qualidade de sono e variação circadiana da pressão arterial. *Revista Portuguesa de Cardiologia*, 19, 10, 991-1005.
- Silva, C. & Silvério J (1997). *A saúde do profissional de saúde: Contributos das cronociências*. In J. Ribeiro (Ed.), Actas do II Congresso Nacional de Psicologia da Saúde "A Psicologia nos Sistemas de Saúde". Braga: Universidade do Minho.
- Silva, C. & Silvério, J. (1996). Síndrome do "jet lag" e rendimento desportivo: Uma abordagem psicofisiológica. In J. Cruz (Ed.), *Manual de psicologia do desporto*. Braga: Sistemas Humanos e Organizacionais.

- Silva, C. & Silvério, J. (1997). Versão portuguesa do "Standard Shiftwork Index": Resultados com amostras portuguesas de enfermeiros. *Psicologia: Teoria, Investigação e Prática*, 2, 2, 233-240.
- Silva, C. & Silvério, J. (1998). The portuguese version of Standard Shiftwork Index: Resultes of studies with heavy industries workers and nurses. *Proceedings of II European Symposium of Ergonomics*, Tróia, 3-5 de Junho de 1998.
- Silva, C. (1997). *Trabalho por turnos e enfermagem. Ecos da Enfermagem*, XXIX (200), 27 – 29.
- Silva, C. (2000). Ritmos biológicos e trabalho por turnos. *Recursos Humanos Magazine*, II, 6, 12–19.
- Silva, C. (2000a). *Distúrbios do sono em trabalhadores por turnos: Factores psicológicos e cronobiológicos*. Braga: CEEP.
- Silva, C. (2000b). Fundamentos teóricos e aplicações da cronobiologia. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 253-266.
- Silva, C., Azevedo, M. & Dias, M. (1995). Estudo padronizado do trabalho por turnos: versão portuguesa do SSI. *Psychologica*, 13, 27-36.
- Silva, C., Duarte, J., Martins, R. & Silvério, J. (2000). Standard shiftwork index in portuguese nurses samples. In S. Hornberger, P. Knauth, G. Costa & S. Folkard (Eds.), *Shiftwork in the 21st Century: Challenges for Research and Practice*. Frankfurt am Main: Peter Lang.
- Silva, C., Pereira, A., Matos, P., Silvério, J., Parente, S., Domingos, M., Ferreira, A., Cruz, A., Machado, A. & Azevedo, M. (1996). *Introdução às cronociências*. Coimbra: Formasau.
- Silva, C., Rodrigues, P., Klein, J. & Macedo, F. (2000). Investigação em cronobiologia. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 267-283.

- Silva, C., Santos, R, Silvério, J., Macedo, F., Losa, N. & Pereira, A. (2000). Ritmos biológicos e tratamento da depressão: seguimento de doentes de consulta externa. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 423-432.
- Silva, C., Silva, I., Silvério, J. & Macedo, F. (2000). Métrica dos ritmos sociais. *Psicologia: Teoria, Investigação e Prática*, 5, 2, 341-354.
- Silva, C., Silvério, J., Nossa, P., Rodrigues, V., Pereira, A. & Queirós, A. (2000). Envelhecimento, ritmos biológicos e capacidade laboral – versão portuguesa do work ability index (WAI). *Psicologia: Teoria, Investigação e Prática*, 5, 5, 329-340.
- Silva, C., Silvério, J., Rodrigues, P., Pandeirada, J., Fernandes, S., Macedo, F. & Razente, S. (2002). The Portuguese version of the Horne and Ostberg morningness-eveningness questionnaire: Its role in education and psychology. *Revista Psicologia e Educação*, 1, 1-2, 39-50.
- Silva, I. (1999). *Trabalho por turnos: efeitos nos estados de humor, ritmicidade biológica e social*. Tese de Mestrado não publicada. Universidade do Minho, Braga, Portugal.
- Silva, I. (2000). Sistemas de turnos: Que contributos da cronopsicobiologia para a sua concepção? *Psicologia: Teoria, Investigação e Prática*, 5, 2, 389-410.
- Silvério, J. & Silva, C. (1999). Ritmos biológicos e resiliência em educação. In J. Tavares *et al* (Ed.), *Investigar e formar em educação*, Vol 1, págs. 379-382. Aveiro: Actas do IV Congresso da Sociedade Portuguesa de Ciências da Educação.
- Silvério, J. & Srebro, R. (2002). *Como ganhar usando a cabeça*. Coimbra: Quarteto Editora.

- Silvério, J. (2000). Jetlag e desempenho desportivo. *Psicologia, Teoria, Investigação e Prática*, 5, 2, 367-387.
- Simões, M. A. (1999). *Estudo padronizado do trabalho por turnos em médicos*. Dissertação de Mestrado não publicada. Universidade de Coimbra, Coimbra, Portugal.
- Sinnerton, S. & Reilly, T. (1992). Effects of sleep loss and time of day in swimmers. In D. Maclaren, T. Reilly & A. Lees (Eds.), *Biomechanics and medicine in swimming: Swimming science VI* (pp. 399-405). London: E & FN Spoon.
- Smolensky, M., Reinberg, A., Martin, R. & Haus, E. (1999). Clinical chronobiology and chronotherapeutics with applications to asthma. *Chronobiology International*, 16, 5, 539-563.
- Stamm, C. & Safrit, M. (1975). Comparison of significance tests for repeated measures ANOVA design. *Research Quarterly for Exercise and Sport*, 46, 4, 403-409.
- Stanley, N. (2003). Actigraphy in human psychopharmacology: A review. *Human Psychopharmacology*, 18, 1, 39-49.
- Stoynev, A. & Ikonov, O. (1990). Los núcleos supraquiasmáticos en la regulación de ritmos circadianos. In G. Buéla-Casal & J. Humanes (Eds.), *Avances en la investigación del sueño y sus trastornos* (pp. 129-138). Madrid: Siglo Veintiuno Editores.
- Strempel, H. (1977). Circadian cycles of epicritic and protopathic pain threshold. *Journal of Interdisciplinary Cycle Research*, 8, 276-280.
- Strube, M. (1990). Psychometric principles: From physiological data to psychological constructs. In J. Cacioppo & L. Tassinary (Eds.), *Principles of psychophysiology: Physical, social, and inferential elements* (pp. 34-57). Cambridge: Cambridge University Press.

- Taillard, J., Philip, P. & Bioulac, B. (1999). Morningness/eveningness and the need for sleep. *Journal of Sleep Research*, 8, 291-295.
- Taillard, J., Sanchez, P., Lemoine, P. & Mouret, F. (1990). Heart rate circadian rhythm as a biological marker of desynchronization in major depression: A methodological and preliminary report. *Chronobiology International*, 7, 4, 305-316.
- Tepas, D. (1982). Work/sleep time schedules and performance. In W. Webb (Ed.), *Biological rhythms, sleep and performance* (pp. 343-365). New York: Plenum Press.
- Testu, F. & Clarisse, R. (1999). Time-of-day and day of week effects on mnemonic performance. *Chronobiology International*, 16, 4, 491-503.
- Thompson, R. (1984). *Introdução à Psicofisiologia*. Lisboa: Livros Técnicos e Científicos.
- Tofler, G., Brezinski, D., Schafer, A., Czeisler, C., Rutherford, J., Willich, S., Gleason, R., Williams, G. & Muller, J. (1987). Concurrent morning increase in platelet aggregability and the risk of myocardial infarction and sudden cardiac death. *New England Journal of Medicine*, 316, 24, 1514-1518.
- Torii, J., Shinkai, S., Hino, S., Kurokawa, Y., Tomita, M., Watanabe, S. & Watanabe, T. (1992). Effect of time of day on adaptive response to a 4-week aerobic exercise program. *Journal of Sports Medicine and Physical Fitness*, 32, 4, 348-352.
- Touitou, Y. & Haus, E. (1994). Biologic rhythms from biblical to modern times. A preface. In Y. Touitou & E. Haus (Eds.), *Biologic rhythms in clinical and laboratory medicine* (pp. 1-5). Heidelberg: Springer-Verlag.

- Touitou, Y. & Haus, E. (2000). Alterations with aging of the endocrine and neuroendocrine circadian system in humans. *Chronobiology International*, 17, 3, 369-390.
- Trine, M. & Morgan, W. (1995). Influence of time of day on psychological responses to exercise: A review. *Sports Medicine*, 20, 5, 328-337.
- Trine, M. & Morgan, W. (1997). Influence of time of day on the anxiolytic effects of exercise. *International Journal of Sports Medicine*, 18, 3, 161-168.
- Troup, J. & Trappe, T. (1994). Applications of research in swimming. In M. Miyashita, Y. Mutoh & A. Richardson (Eds.), *Medicine and science in aquatic sports* (pp. 155-165). Basel: Karger.
- Van Cauter, E., Sturis, J., Byrne, M., Blackman, J., Scherberg, N., Leproult, R., Refetoff, S. & Van Reeth, O. (1993). Preliminary studies on the immediate phase-shifting effects of light and exercise on the human circadian clock. *Journal of Biological Rhythms*, 8, Suppl., 99-108.
- Van Reeth, O., Sturis, J., Byrne, M., Blackman, J., L'Hermite-Baleriaux, M., Leproult, R., Olinier, C., Refetoff, S., Turek, F. & Van Cauter, E. (1994). Nocturnal exercise phase delays circadian rhythms of melatonin and thyrotropin secretion in normal men. *American Journal of Physiology*, 266, 6, 964-974.
- Van Someren, E., Mirmiran, M. & Swaab, D. (1993). Non-pharmacological treatment of sleep and wake disturbances in aging and Alzheimer's disease: Chronobiological perspectives. *Behavioural Brain Research*, 57, 235-253.
- Varkevisser, M. & Kerkhof, G. (2003). 24-hour assessment of performance on a palmtop computer: Validating a self-constructed test battery. *Chronobiology International*, 20, 1, 109-121.

- Vicente, P., Reis, E. & Ferrão, F. (2001). *Sondagens. A amostragem como factor decisivo de qualidade*. Lisboa: Edições Sílabo, Lda.
- Vincent, W. (1994). *Statistics in kinesiology*. Champaign Ill: Human Kinetics.
- Waterhouse, J. & Minors, D. (1988). Masking and entrainment. In J. Hekkens, G. Kerkhof & W. Rietveld (Eds.), *Trends in Chronobiology* (pp. 163-171). Oxford: Pergamon Press.
- Waterhouse, J. & Minors, D. (1994). Human circadian rhythms and masking. In T. Hiroshige & K. Honma (Eds.), *Evolution of circadian clocks* (pp. 275-289). Sapporo: Hokaido University Press.
- Waterhouse, J. & Minors, D. (1996). Circadian rhythms in the neonate and in old age: What do they tell us about the development and decay of the body clock in humans? *Brazilian Journal of Medical and Biological Research*, 29, 1, 87-94.
- Waterhouse, J., Atkinson, G. & Reilly, T. (2001). Circadian rhythms and sport: An overview: *Chronobiology International*, 18, 6, 1209-1210.
- Waterhouse, J., Carvalho, S., Weinert, D. & Nevill, A. (2000). Purificação do efeito de mascaramento nos dados da temperatura. *Psicologia, Teoria, Investigação e Prática*, 5, 2, 355-365.
- Waterhouse, J., Edwards, B., Mugarza, J., Flemming, R., Minors, D., Calbraith, D., Williams, G., Atkinson, G. & Reilly, T. (1999). Purification of masked temperature data from humans: Some preliminary observations on a comparison of the use of an activity diary, wrist actimetry and heart rate monitoring. *Chronobiology International*, 16, 4, 461-475.
- Waterhouse, J., Folkard, S., Van Dongen, H., Minors, D., Owens, D., Kerkhof, G., Weinert, D., Nevill, A., Macdonald, I., Sytnik, N. & Tucker, P. (2001). Temperature profiles, and the effect of sleep on them, in relation to

- morningness-eveningness in healthy female subjects. *Chronobiology International*, 18, 2, 227-247.
- Waterhouse, J., Minors, D. & Waterhouse, M. (1990). *Your body clock*. Oxford: University Press.
- Waterhouse, J., Minors, D., Folkard, S., Owens, D., Atkinson, G., Macdonald, I., Nevill, A., Reilly, T., Sytnik, N., Tucker, P. & Weinert, D. (1999). Lack of evidence that feedback from lifestyle alters the amplitude of the circadian pacemaker in humans. *Chronobiology International*, 16, 1, 93-107.
- Waterhouse, J., Reilly, T. & Atkinson, G. (1997). Jet lag. *The Lancet*, 350, 9091, 1611-1616.
- Waterhouse, J., Weinert, D., Minors, D., Atkinson, G., Reilly, T., Folkard, S., Owens, D., Macdonald, I., Sytnik, N. & Tucker, P. (1999). The effect of activity on the waking temperature rhythm in humans. *Chronobiology International*, 16, 3, 343-357.
- Webb, W. & Dube, M. (1992). Temporal characteristics of sleep. In J. Aschoff (Ed.) *Handbook of behavioral neurobiology: Biological rhythms* (pp. 499-522). New York: Plenum Press.
- Weinert, D. & Schuh, J. (1988). Frequency and phase correlations of biorhythms of some metabolic parameters during postnatal ontogenesis in mice. *Bulletin of Biological Medicine*, 12, 1764-1767.
- Weinert, D. (2000). Age-dependent changes of the circadian system. *Chronobiology International*, 17, 3, 261-283.
- Wetterberg, L. (1994). Frontiers in medicine: Light and biological rhythms. *Journal of Internal Medicine*, 235, 5-19.

- Wever, R. (1979). *The circadian system of man: Results of experiments under temporal isolation*. New York: Springer Verlag.
- Willich, S. (1995). Circadian influences and possible triggers of sudden death. *Sport Science Review*, 4, 31-45.
- Winget, C., DeRoshia, C. & Holley, D. (1985). Circadian rhythms and athletic performance. *Medicine and Science in Sports and Exercise*, 17, 5, 498-516.
- Winget, C., Soliman, M., Holley, D. & Meylor, J. (1994). Chronobiology of physical performance and sports medicine. In Y. Touitou & E. Haus (Eds.), *Biologic rhythms in clinical and laboratory medicine* (pp. 230-242). Heidelberg: Springer-Verlag.
- Wojtczac-Jaroszowa, J., Makowska, Z., Rzepecki, H., Banasz-Kiewicz, A. & Romejko, A. (1978). Changes in psychomotor and mental task performance following physical work in standard conditions and in a shift-working condition. *Ergonomics*, 21, 801-809.
- Wright, K., Hull, J. & Czeisler, C. (2002). Relationship between alertness, performance and body temperature in humans. *American Journal of Physiology – Regular and Integral Comparative Physiology*, 283, 1370-1377.
- Wyse, J., Mercer, T. & Gleeson, N. (1994). Time-of-day dependence of isokinetic leg strength and associated interday variability. *British Journal of Sports Medicine*, 28, 3, 167-170.
- Yetman, R., Andrew-Casal, M., Hermida, R., Dominguez, B., Portman, R., Northrup, H. & Smolensky, M. (2002). Circadian pattern of blood pressure, heart rate and double product in liver glycogen storage disease. *Chronobiology International*, 19, 4, 765-783.

- Young, M., Jackson, F., Shin, S. & Bargiello, T. (1985). A biological clock in *Drosophila*. *Cold Spring Harbor Symposium of Quantitative Molecular Biology*, 50, 865-875.
- Youngstedt, S. & O'Connor, P. (1999). The influence of air travel on human performance. *Sports Medicine*, 28, 3, 197-207.
- Zafra, A. & García, G. (1997). Evaluación psicológica en el contexto deportivo. In E. Ruiz (Ed.), *Manual de psicología del deporte: Conceptos y aplicaciones* (pp. 117-142). Murcia: Capítulo Tres Editores.
- Zordan, M., Costa, R., Macino, G., Fukuhara, C. & Tosini, G. (2000). Circadian clocks: What makes them tick? *Chronobiology International*, 17, 4, 433-451.