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EDUCATION

2010, PhD – Health Science, University of Sydney, NSW, Australia

2006, MA – Behavioral Science-Psychology, University of Houston-Clear Lake, Texas, USA

2003, BS – Psychology, The Ohio State University, Ohio, USA

PROFESSIONAL EXPERIENCE

2016-present – Assistant Professor of Kinesiology, Sul Ross State University, Alpine, Texas, USA

2014-present – Creator & Race Director, Trans-Pecos Ultra, Alpine, Texas, USA

2014-present – Principal, Blacksmith Investment Group LLC, Alpine, Texas, USA

2010-2013 – Research Scientist, Aspetar-Qatar Orthopaedic & Sports Medicine Hospital, Qatar

2009-2013 – Founder & Present, Sleeptechs LLC, Sydney, Australia

2009-2010 – Lab Manager, Centurion Sleep & Heart Clinic, Sydney, Australia

2009-2010 – Postgraduate Teaching & Research Fellow, University of Sydney, Australia

2008-2009 – Casual Academic / Tutor, University of Sydney, Australia

2007-2009 – Chief Night Technician, Sleep & Chest Disorders Centre, Sydney, Australia

2007-2008 – Graduate Research Assistant, University of Sydney, Australia

2005-2007 – Sleep Lab Coordinator, Methodist Hospital, Houston, Texas, USA

2004-2006 – Graduate Research Assistant, University of Houston-Clear Lake, Texas, USA

2003-2005 – Technical Director, REST Technologies, Inc., Texas, USA

TRAINING AND CERTIFICATION

2007 – Certificate in Venepuncture Practice and Theory, The Pathology Foundation, Australia

2003-present – Basic Life Support (BLS), American Heart Association

HONORS, AWARDS, AND LISTINGS

2011 – Young Investigator Research Form Attendee, American Academy of Sleep Medicine (AASM) and National Institutes of Health (NIH)

2009-2010 – Postgraduate Teaching and Research Fellowship, Faculty of Health Sciences, University of Sydney, NSW, Australia

2009 – Young Investigator Award Finalist, Australasian Sleep Association and Australasian Sleep Technologies Association 21st Annual Scientific Meeting

PUBLICATIONS

Books and Book Chapters

1. Chamari K, Haddad M, Chtourou M, **Herrera CP**, Eirale C (2013). "Injury Rate During Ramadan." *In Effects of Ramadan Fasting on Health and Athletic Performance*. OMICS Group Incorporation.
2. CM Chow & **CP Herrera** (2011). "Feeding and Sleep Behavior". *In Handbook of Behavior, Food and Nutrition. Part 5*, 783-796. Springer Publishers, USA.

Refereed Journal Articles

1. Farooq M, **Herrera CP**, Zerguini Y, Almudhaka F, Chamari K (2016). Knowledge, beliefs and attitudes of Muslim football players towards Ramadan fasting during London 2012 Olympics: a cross-sectional study. *BMJ Open* 6(9).
2. Chamari K, Briki W, Farooq M, Patrick T, Belfekih T, **Herrera CP** (2016). Impact of Ramadan intermittent fasting on cognitive function in trained cyclists: a pilot study. *Biol Sport* 38.
3. Farooq A, **Herrera CP**, Almudehki F, Mansour R (2015). A prospective study of the physiological and neurobehavioral effects of Ramadan fasting in preteen and teenage boys. *J Acad Nutr Diet* 115: 889-897.
4. Periard JD, Racinais S, Knez WL, **Herrera CP**, Christian RJ, Girard O (2014). Coping with heat stress during match-play tennis: Does an individualized hydration regime enhance performance and recovery? *Br J Sports Med* 48: 64-70.
5. Periard JD, Racinais S, Knez WL, **Herrera CP**, Christian RJ, Girard O (2014). Thermal, physiological and perceptual strain mediates alterations in match-play tennis under heat stress. *Br J Sports Med* 48: 32-38.
6. Roky R, **Herrera CP**, Ahmed Q (2012). Sleep in athletes and the effects of Ramadan. *J Sport Sci* 30: S75-84.
7. **Herrera CP** (2012). Total sleep time in Muslim football players is reduced during Ramadan: a pilot study on the standardized assessment of subjective sleep-wake pattern in athletes. *J Sport Sci* 30: S85-91.
8. **Herrera CP**, Smith K, Chow CM, Atkinson F, Brand-Miller J, O'Connor H (2011). High-glycemic index and -glycaemic load meals increase the availability of tryptophan in healthy volunteers. *Br J Nutr* 105: 1601-1606.

RESEARCH AND PROFESSIONAL PRESENTATIONS

1. F Almudehki, A Farooq, **CP Herrera**, T Belfekih (2013). Ramadan Fasting in Endurance Athletes: A Pilot Study. *Med Sci Sport Sci*, 45 (5), 129.
2. A Farooq and **CP Herrera** (2012). "Habitual sleep quantity helps maintain sustained attention levels in Muslims during Ramadan". *Qatar Foundation Annual Research Forum. Doha, Qatar*
3. **CP Herrera**, A Farooq, AJ Coutts, JC Bilsborough, J Hocking, J Cordy, S Racinais, M Buchheit (2012). Effects of normobaric hypoxic conditions on sleep duration and quality in professional Australian Football League players. *17th Annual Congress of the European College of Sports Sciences. Bruges, Belgium.*
4. **CP Herrera**, A Farooq (2012). Regular exercise as a protective factor against obesity risk among extreme sleep phenotypes in athletes. *59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the ACSM. San Francisco, CA. Med Sci Sports Exerc 44(5), A3218.*
5. N Gaoua, **CP Herrera**, S Racinais, F El Massiouri (2012). Heat induces an overload during complex cognitive performance. *59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the ACSM. San Francisco, CA. Med Sci Sports Exerc 44(5), A1574.*
6. A Farooq, R Mansour, **CP Herrera**, R Whiteley, B Hamilton (2012). Association of poor food choices with sleep and performance among Qatar STARS league football players. *59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the ACSM. San Francisco, CA. Med Sci Sports Exerc 44(5), A2706.*
7. R Roky, **CP Herrera**, A Farooq, N Gaoua (2011). Sleep and chronobiology in football players during Ramadan. *1st Consensus Meeting on Ramadan and Football. Nov. 25-26, Aspetar Hospital. Doha, Qatar*
8. **CP Herrera**, A Farooq (2011). Influence of Ramadan on sleep quality and chronotype in Qatari football players. *Qatar Annual Research Forum. Nov. 20-22, National Convention Center, Doha, Qatar.*
9. A Farooq, R Mansour, **CP Herrera**, S Racinais, F Almudehki, O Girard, I Matic, W Knez, J Grantham (2001). Negative influence of Intermittent Fasting and Unhealthy Lifestyle on Body Composition, Sleep, Physical Fitness, and Iron Indices on School Boys. *Qatar Annual Research Forum. Doha, Qatar.*
10. A Farooq, I Matic, **CP Herrera**, J Grantham, F Almudehki (2011). Effects of Ramadan Fasting on Body Composition, Energy Expenditure and Hematology in Young Boys. *Med Sci Sport Sci 43(5). 270.*
11. N Gaoua, **CP Herrera**, S Racinais, J Grantham, F Massioui (2011). Passive hyperthermia imposes a load on cognitive capacity. *16th Annual Congress of the European College of Sports Sciences. Liverpool, UK.*
12. **CP Herrera**, C Lippert, B Sas (2011). Influence of Ramadan on subjective sleep quality and daytime sleepiness in post-operative athletes in Qatar. *APSS Sleep, Minneapolis, MN, USA. Sleep 34, A0757.*
13. **CP Herrera**, S Racinais (2011). EEG correlates of approach behavior: Does the anticipated exercise intensity influence pre-exercise frontal alpha asymmetry? *58th Annual Meeting and 2nd World Congress on Exercise is Medicine of the ACSM. Denver,*

CO. Med Sci Sports Exerc 43(5), Supplement. A2804.

14. **CP Herrera**, P Ruell, CM Chow, H O'Connor (2010). Influence of the glycemic load (GL) on subjective and objective measures of sleep quality in sleep initiation insomnia. *15th World Congress of Psychophysiology. Budapest, Hungary. Int J Psychophys 77, A292.*
15. **CP Herrera**¹, H O'Connor, CM Chow (2009). Postprandial glycemic and insulin response to a mixed macronutrient meal increases the availability of tryptophan. *21st Annual Meeting ASA and ASTA. Melbourne, VIC, Australia. Sleep and Biological Rhythms 7, A15.*
16. **CP Herrera**, CM Chow (2008). A Meta-analysis of the First Night Effect (FNE) in Polysomnography – its implications for baseline measurements. *APSS Sleep, Baltimore, MD, Sleep 31, A1067.*
17. J Gnananandh, S Subramanian, **C Herrera**, R Aguilar, T Petrocelli, and S Surani (2007). Influence of gender and anthropometric variables on severity of obstructive sleep apnea and CPAP pressure requirements. *Chest Meeting Abstracts 132(4), p 650.*
18. DH Malin, **CP Herrera**, P Goyarzu, CL Howard, A Newton, S Serice, NK Torok, S Ennifar, PR Pentel, A Fattom (2005). Passive immunization against nicotine attenuates nicotine-conditioned place preference in the rat. *Program No. 1027.1. Neuroscience Abstracts. Washington, DC: Society for Neuroscience. Online*

CONSULTING AND OTHER INVITED PROFESSIONAL PRESENTATIONS

2016-present - "Introduction to ultra-running and multi-stage races". Various sites in USA

2014 – "Career Talk". Health Sciences Class at Clear Lake High School.

2013 - "Sleep and Recovery in Sport: Influence of an Islamic Society". Post-Exercise Recovery: Best Evidence – Future Strategies Conference. Aspetar, Doha, Qatar.

2012² - "Ramadan & Sport". Qatar House, London 2012 Summer Olympics. London, UK.

2012³ - "Sleep disturbances in athletes during Ramadan". 17th Annual Congress of the European College of Sports Sciences, ECSS. Bruges, Belgium.

2012 - Sleep & Health Consultations. Six Senses Spa at Soneva Fushi, Maldives. 25 Oct–9 Nov.

2012 - Sleep, Relaxation, and Meditation' workshop. Msheireb Properties, Doha, Qatar. 19 June.

2012 - 'Sleep Improvement Workshop & Consultations'. Six Senses Spa at Hotel Missoni, Kuwait City, Kuwait, 23-30th March.

2011 - "How to Search and Find 'Evidence': Evidenced Based Medicine Series." Sports Medicine Course for Nurses. Aspetar, Doha, Qatar

2011 - 'Sleep & Health Workshops – part of 'Wellness Mondays'. Six Senses Spa at Sharq

¹ Selected for Young Investigator Award, Oral Presentation

² Keyote Presentation at Qatar House during London 2012 Summer Olympics

³ Session chair and presenter

Village, Doha, Qatar, 28 Nov, 11 July, 27 June, 2 May, 21 March, 31 January.

2011 - "Sleep & Performance" Workshop. *CrossFit Calgary, Canada, 29 July*

2010 - "Neuroscience in Sports Medicine." Tuesday Scientific Lecture. Aspetar, Doha, Qatar

2008 - "Shiftwork, Macronutrient Intake, and Sleeping Patterns: Staying Alert and Eating Healthy."¹ American Association of Sleep Technologists Meeting, Baltimore, MD, USA.

2007 - "Sleep and Sleep Disorders". Guest Lecturer, University of Houston-Clear Lake, Psych 4136: Brain and Behavior. Clear Lake, TX, USA.

GRANTS RECEIVED

2012-2013 – "Effects of Ramadan on performance, injury, and sleep: A prospective study of football players during London 2012 Summer Olympics." Aspetar, FIFA Medical and Research Centre, & Clinique Chahrazed, Algeria. Research Grant, \$25,000.

2012-2012 – "Sleep and physical activity measurement in athletes". Aspetar. Research Grant, \$52,000.

2011 – "Ramadan, Sleep and Performance: A multi-national study of football players". Aspetar and Universite Hassan II, Casablanca, Morocco. Research Grant, \$15,500.

2011 – "Postprandial glycemic and insulin response to a mixed macronutrient meal increases the availability of tryptophan". Young Investigator Research Forum, American Academy of Sleep Medicine (AASM) and National Institutes of Health (NIH). Travel Grant, \$2,500.

2009-2010 – Postgraduate Teaching and Research Fellowship, Faculty of Health Sciences, University of Sydney, Australia. Stipend, \$27,317AUD per annum.

2009 - "Postprandial amino acid response to a high glycemic index evening meal and the effects on sleep in adults with insomnia". University of Sydney Postgraduate Research Support Scheme. Research Grant, \$1,788AUD.

2009 - "Postprandial glycemic and insulin response to a mixed macronutrient meal increases the availability of tryptophan." Australasian Sleep Technologist Association. Travel Grant, \$1,250AUD.

2007-2008 – "A meta-analysis of the first night effect during polysomnography". University of Sydney Postgraduate Research Support Scheme. Research Grant, \$2,312AUD.

OTHER AFFILIATIONS AND INVOLVEMENT

2016-present – Faculty Committee Member, Sul Ross Staff Council Wellness Initiative

2011-present – Wellness Consultant, Qatar, Kuwait, Maldives, Indonesia, USA

2012-2013 – Ad-hoc reviewer, Aspetar Sports Medicine Journal

2011-2014 – Advisory Board Member, Start School Later

2005-2007 – Committee Member, Methodist Hospital Corporate Wellness Committee