



## Recovery and sleep

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The recovery process put in place by a dedicated unit at INSEP makes it possible to protect athletes' health faced with the constraints of elite performance, for both training and competitions. For instance, a recovery massage service is available on request to INSEP's athletes.

A dedicated mobile app, developed with the SEP laboratory and the Digital Development and Innovation Unit and deployed for athletes and their coaches, makes it possible to take stock of recovery practices, assess their suitability, review their effects depending on the type of work, etc. Working with the SEP laboratory, as well as the medical unit, best practice fact sheets for recovery and sleep are prepared on request, with a specific approach tailored to any athletes who request this.