

A comparison of males and females' temporal patterning to short- and long-term heat acclimation

J. A. Mee, O. R. Gibson, J. Doust, N. S. Maxwell

University of Brighton, Eastbourne, UK

Corresponding author: Jessica A. Mee, BSc, Centre for Sport and Exercise Science and Medicine, Environmental Extremes Laboratory, University of Brighton, Denton Road, Eastbourne BN207SR, UK. Tel: +44 (0) 1273 643743, Fax: +44 (0) 1273 643743, E-mail: J.Mee@brighton.ac.uk

Accepted for publication 21 December 2014

The current study assessed sex differences in thermoregulatory and physiological adaptation to short-term (STHA) and long-term heat acclimation (LTHA). Sixteen (eight males; eight females) participants performed three running heat tolerance tests (RHTT), preceding HA (RHTT1), following 5 days HA (RHTT2) and 10 days HA (RHTT3). The RHTT involved 30-min running (9 km/h, 2% gradient) in 40 °C, 40% relative humidity. Following STHA, resting rectal temperature ($T_{r_{rest}}$) (males: -0.24 ± 0.16 °C, $P \leq 0.001$; females: -0.02 ± 0.08 °C, $P = 0.597$), peak rectal temperature ($T_{r_{peak}}$) (males: -0.39 ± 0.36 °C, $P \leq 0.001$; females: -0.07 ± 0.18 °C, $P = 0.504$), and peak heart rate (males: -14 ± 12 beats/min, $P \leq 0.001$; females: -5 ± 3 beats/min, $P = 0.164$) reduced in males, but not females. Following STHA,

sweat rate relative to body surface area (SR_{BSA}) increased (428 ± 269 g/h/m², $P = 0.029$) in females, but not males (-11 ± 286 g/h/m², $P = 0.029$). Following LTHA, $T_{r_{rest}}$ (males: -0.04 ± 0.15 °C, $P = 0.459$; females: -0.22 ± 0.12 °C, $P \leq 0.01$) and $T_{r_{peak}}$ (males: -0.05 ± 0.26 °C, $P = 0.590$; females: -0.41 ± 0.24 °C, $P \leq 0.01$) reduced in females, but not males. Following LTHA, SR_{BSA} increased in males (308 ± 346 g/h/m², $P = 0.029$), but not females (44 ± 373 g/h/m², $P = 0.733$). Males and females responded to STHA; however, females required LTHA to establish thermoregulatory and cardiovascular stability. HA protocols should be designed to target sex differences in thermoregulation for optimal adaptation.

Increasing ambient temperature is known to have a detrimental effect on endurance performance (Galloway & Maughan, 1997). During prolonged submaximal exercise in high ambient conditions, there is a greater requirement for heat loss due to either a rate of heat gain from the environment or a lower gradient for dry heat loss, typically resulting in a greater change in body heat content compared with temperate conditions. Many athletes, soldiers, and manual operatives exposed to high ambient conditions are susceptible to heat illnesses, including heat cramps, heat syncope, heat exhaustion, and heat stroke. Prior to a heat illness, individuals vary in their ability to tolerate exercise heat stress, some demonstrating a decreased capability to dissipate heat under the same exercise heat stress (Epstein, 1990). These individuals are characterized by an earlier and greater rise in body temperature, greater storage of metabolic heat, greater physiological strain, and reduced sweating sensitivity when exercising in the heat (Epstein et al., 1983; Moran et al., 2004).

Males and females differ in their thermoregulatory responses to exercise heat stress largely due to females having a reduced sudomotor function (Gagnon & Kenny, 2011), thus decreasing evaporative heat loss capacity

with the resultant increase in physiological strain (Moran et al., 1999). It has been shown that males and females display similar rates of heat dissipation at low requirements for heat loss. However, sex differences in sudomotor function have been demonstrated beyond a certain requirement for heat loss (Gagnon & Kenny, 2012). On the other hand, when males and females display similar heat loss for a given heat production, females may display a higher change in body temperature due to physical characteristics (Havenith, 2001; Gagnon et al., 2009). These results suggest that females may reach hyperthermic levels in a shorter time period than males; consequently, females have been more frequently diagnosed as heat intolerant compared with males (Druyan et al., 2012), potentially putting them at greater risk of obtaining a heat-related illness. The observed sex differences in thermoregulation are not always evident, but the difference may become more evident as the heat stress increases (Gagnon & Kenny, 2012). Furthermore, hormonal fluctuations associated with the menstrual cycle are suggested to modify central regulatory mechanisms for thermoregulation (Inoue et al., 2005). Elevated progesterone concentrations during the luteal phase of the menstrual cycle have been reported to increase resting

Sex comparison of temporal patterning to HA

body temperature by ~ 0.34 °C, the onset threshold for sweating by 0.29 °C, and the body temperature threshold for cutaneous vasodilation by 0.23–0.30 °C (Inoue et al., 2005).

Heat acclimation (HA) improves heat transfer from the body's core to the skin and ultimately to the external environment, serving to attenuate physiological strain and improve exercise capacity (Sunderland et al., 2008; Lorenzo et al., 2010). HA reduces heat storage, partially as a result of adaptations to the sudomotor function causing an increase in whole body evaporative heat loss (Poirier et al., 2014). Additionally, HA increases blood volume preserving stroke volume and reducing heart rate (HR) at a given workload (Frank et al., 2001; Lorenzo & Minson, 2010). For a more comprehensive review of adaptation to exercise heat stress, the reader is referred to a recent review article on human heat adaptation (Taylor, 2014).

There is a dearth of literature assessing female's responses to HA. Previously, the physiological responses of males and females to 10-day fixed intensity HA were assessed with females initially exhibiting lower rectal temperature (Tr) and HR, despite a lower sweat rate (SR) compared with males (Avellini et al., 1980). Following HA, the physiological strain was similar between males and females, although males maintained a greater SR. This study adopted a traditional HA protocol that results in a progressive decline in the adaptation stimulus over the duration of HA. Controlled hyperthermia ensures consistent potentiating stimuli for adaptation throughout the HA period, eliciting reductions in thermal strain and increases in work capacity during both short-term HA (STHA) (Garrett et al., 2009, 2012) and long-term HA (LTHA) (Patterson et al., 2004), potentially promoting more complete adaptation (Taylor & Cotter, 2006). It remains unknown the extent to which males and females adapt to the controlled hyperthermia model of HA.

HA is often separated into STHA (< 8 days) and LTHA (> 10 days) (Garrett et al., 2011). STHA is a preferred regime as it provides less disruption of quality training prior to competition. Approximately 70% of adaptations have been demonstrated to occur following STHA, evidenced by reductions in thermoregulatory and cardiovascular strain combined with an improved sudomotor function (Poirier et al., 2014). Acknowledging previous observations that males typically have a superior sudomotor function compared with females (Inoue et al., 2005; Gagnon & Kenny, 2011), we may expect females to achieve superior sudomotor adaptation following STHA compared with males. However, following STHA, Sunderland et al. (2008) only achieved partial HA in trained females with a 33% increase in intermittent sprint performance in the heat despite no alterations in classic indicators of HA including HR, Tr and SR. These typical adaptive responses have been previously observed in trained males following STHA (Buono et al., 1998; Garrett et al., 2011; Fujii et al., 2012; Racinais

et al., 2012; Poirier et al., 2014), suggesting females may require LTHA to achieve adaptation. Due to the self-paced exercise administered pre- and post-HA, participants were exercising at a higher absolute intensity following HA, suggesting an increase in metabolic heat production and potentially negating any improvements in thermoregulation achieved through HA. Research is required to determine the extent to which females adapt to STHA when using a fixed intensity heat tolerance test to monitor adaptations.

A paucity of data exists on best practice for HA in females with practitioners relying on HA literature obtained from male participants. Therefore, the primary aim of the current study was to compare males and females' thermoregulatory and physiological adaptation to STHA and LTHA using the controlled hyperthermia model of HA. We hypothesized that males and females will differ in their temporal patterning to HA.

Methods

Participants

Sixteen (eight males; eight females) physically active volunteers provided written informed consent to participate in the current study (Table 1), which was approved by the institution's ethics committee and conducted in accordance with the Declaration of Helsinki of 1975, as revised in 2013. All experimental trials were performed between 08:00 and 12:00 h to control for time of day effects (Winget et al., 1985). Experimentation occurred during the UK winter (mean ambient temperature of 5 °C); therefore, participants had been absent from repeated external heat exposure for the previous 3 months. Participant characteristics for age, body mass, height, sum of four skinfolds, and absolute $\dot{V}O_2$ peak reported as mean and standard deviation (SD) are shown in Table 1. To control for hormonal fluctuations associated with the menstrual cycle, female participants ($n = 5$) began testing during the early-follicular phase (3–5 days after the onset of menstruation) of their self-reported menstrual cycle. Female participants ($n = 3$) taking oral contraceptive began the experimental sessions on day 2 of the pill phase of oral contraceptive use.

Preliminary testing

Forty-eight hours prior to conducting all trials, participants were instructed to maintain normal hydration and refrain from the consumption of alcohol, caffeine, and exhaustive exercise. Two hours prior to arrival participants were instructed to consume 3–5 mL/kg of water. On arrival to the laboratory, participants voided their

Table 1. Mean \pm standard deviation participant characteristics

	Males	Females
Number	8	8
Age (years)	22 \pm 6	20 \pm 1
Height (cm)	178 \pm 6	164 \pm 7*
Body mass (kg)	74.16 \pm 6.92	58.89 \pm 7.70*
Sum of four skin folds	34 \pm 5	45 \pm 13*
Absolute $\dot{V}O_2$ peak (mL/min)	3.63 \pm 0.69	2.69 \pm 0.30*
End power output (W)	299 \pm 33	200 \pm 25*

*Denotes significant difference between sexes ($P \leq 0.05$). $\dot{V}O_2$ peak, peak oxygen consumption.

bladder to provide a urine sample. When two out of the following three criteria were achieved, adequately hydrated to perform the trial was assumed: an osmolality value of ≤ 700 mOsm/kg, a urine specific gravity value of ≤ 1.020 , or body mass within 1% of daily average (Sawka et al., 2007). These experimental controls were not violated for any participant for any of the preliminary or experimental procedures.

During the first visit to the laboratory, data were collected for height recorded to 1 cm using a fixed stadiometer (Detecto Physicians Scales; Cranlea & Co., Birmingham, UK), and nude body mass recorded to 0.01 kg from digital scales (ADAM GFK 150; Adam Equipment, Inc., Connecticut, USA). Sum of skinfolds was determined from four sites: the bicep, triceps, subscapular, and supra-iliac area using Harpenden skinfold calipers (Baty International, West Sussex, UK). A graded exercise test was performed in temperate laboratory conditions (20 °C, 40% RH) to determine $\dot{V}O_2$ peak using a cycle ergometer (Monark e724, Vansbro, Sweden). Following a 5-min warm-up, participants were informed to maintain a constant cadence of 80 rpm. The cycling intensity was set to 80 W and resistance applied to the flywheel to elicit an increase of 24 and 20 W/min for males and females, respectively. The test was terminated when participants reached volitional exhaustion and/or the cadence could no longer be maintained at 80 ± 5 rpm despite strong verbal encouragement. Expired air was measured using online gas analysis (Metalyzer Sport, Cortex, Germany). Peak $\dot{V}O_2$ was determined as the highest $\dot{V}O_2$ averaged over 10 s. A regression equation was computed from the data obtained to calculate the required intensity (65% $\dot{V}O_2$ peak) for the experimental exercise bouts. HR using a HR monitor (Polar Electro Oy, Kempele, Finland) was recorded in the final minute of each stage.

Experimental design

Testing was completed over a 17-day period. Volunteers performed 10 HA sessions separated by three running heat tolerance tests (RHTT). The first RHTT was performed 48 h prior to beginning HA (RHTT1), the second 48 h following 5 days HA (RHTT2), and the third 48 h following 10 HA sessions (RHTT3). Towel-dried nude body mass was measured and recorded to the nearest gram before and immediately after all trials as a measure of whole body SR. Between these two measures of nude body mass fluid intake was restricted. Values were corrected for urine output (zero incidences); however, values were uncorrected for respiratory and metabolic weight losses as these were assumed as similar between trials due to the matched exercise intensity and environmental conditions. Participants inserted a rectal thermometer (Measurement Specialties, Virginia, USA) 10 cm past the anal sphincter to measure Tr. Exercise was terminated if Tr ≥ 39.7 °C (zero incidences), or the participant withdrew due to volitional exhaustion, or the participants could no longer maintain exercise intensity despite strong verbal encouragement. After a 20-min seated stabilization period, resting measures were recorded and participants entered the environmental chamber (TISS, Hampshire, UK). HR and Tr were recorded at 5-min intervals and ratings of perceived exertion (Borg, 1962) and thermal sensation (Toner et al., 1986) every 10 min during all trials.

RHTT

The RHTT involved 30-min exposure to 39.8 ± 0.8 °C and $39.5\% \pm 1.3\%$ RH while running at 9 km/h and 2% gradient (Mee et al., 2015). The RHTT procedure was adopted due to its fixed absolute intensity that enabled the accurate quantification of adaptations following HA. Previous data collected within our laboratory demonstrate the RHTT to be a repeatable protocol that is sensitive to monitor adjustments in classic markers of heat tolerance associated with chronic heat alleviating interventions. Tr,

HR, and T_{skin} were recorded at 5-min intervals throughout the RHTT. Skin temperature (T_{skin}) was recorded using skin thermistors (Eltek Ltd., Cambridge, UK) attached to four sites: the midpoint of the right pectoralis major (T_{chest}), midpoint of the triceps brachii lateral head (T_{arm}), right rectus femoris ($T_{upper\ leg}$), and right gastrocnemius lateral head ($T_{lower\ leg}$) and connected to a Squirrel temperature logger (Squirrel 1000 series, Eltek, Ltd., UK).

Skin temperature (T_{skin}) was calculated as follows (Ramanathan, 1964);

$$T_{skin} = 0.3 \cdot (T_{chest} + T_{arm}) + 0.2 \cdot (T_{upper\ leg} + T_{lower\ leg})$$

HA

HA involved two, five consecutive day blocks separated by 48 h. The daily sessions consisted of a 90-min exposure to 40 °C, 40% RH. Exercise intensity was set at 65% $\dot{V}O_2$ peak from the outset and adjusted with work rest intervals to maintain a Tr ~ 38.5 °C (Patterson et al., 2004; Garrett et al., 2012), or if participants were unable to maintain a cadence of 80 rpm (zero incidences). A cycling mode of exercise was selected due to the consecutive nature of the HA sessions, thus reducing muscle damage and subsequently reducing the chance of participants incurring an injury.

Statistical analysis

All data were first checked for normality using Shapiro-Wilk and sphericity using the Greenhouse Geisser method. An independent sample *t*-test was used to identify differences between male and female characteristics. A two-way mixed design analysis of variance (ANOVA) was performed to identify differences between the performance and physiological characteristics during STHA and LTHA, the physiological responses on day 1, 5, and 10 of HA and the physiological responses during RHTT1, RHTT2, and RHTT3. When a main effect or interaction effect was found, results were followed up using a Bonferroni-corrected post-hoc comparison. Effect sizes [partial eta squared (η^2)] were calculated to analyze the magnitude and trends of the interventions. All data were analyzed using a standard statistical package (SPSS version 20.0, IBM, Armonk, New York, USA) and reported as mean \pm SD. Statistical significance was accepted at the level of $P \leq 0.05$.

Results

Performance responses during HA (days 1–5 and 5–10)

Table 2 presents the mean \pm SD data for the performance and physiological responses during STHA and LTHA. All participants completed 10, 90-min HA sessions. ANOVA revealed a main effect of HA phase on exercise duration [$F_{(1, 14)} = 7.728$, $P = 0.015$, $\eta^2 = 0.356$]. Exercise duration was lower in STHA (70 ± 8 min) compared with LTHA (75 ± 7 min). There was no interaction effect of HA phase and sex for exercise duration [$F_{(1, 14)} = 0.340$, $P = 0.569$, $\eta^2 = 0.024$].

There was a main effect of HA phase on exercise intensity [$F_{(1, 14)} = 4.710$, $P = 0.048$, $\eta^2 = 0.252$]. Exercise intensity was lower in STHA ($57\% \pm 6\%$ $\dot{V}O_{2max}$) compared with LTHA ($59\% \pm 5\%$ $\dot{V}O_{2max}$). There was no interaction effect of HA phase and sex for exercise intensity [$F_{(1, 14)} = 0.587$, $P = 0.456$, $\eta^2 = 0.04$].

There was a main effect of HA phase on total work [$F_{(1, 14)} = 16.272$, $P < 0.001$, $\eta^2 = 0.538$]. Total work was

Sex comparison of temporal patterning to HA

Table 2. Mean \pm standard deviation performance and physiological responses during short-term heat acclimation and long-term heat acclimation

	STHA		LTHA	
	Males	Females	Males	Females
Exercise duration (min)	69 \pm 7	70 \pm 9	76 \pm 7	74 \pm 7
Mean exercise intensity (% $\dot{V}O_{2max}$)	55 \pm 7	59 \pm 5	58 \pm 6	60 \pm 4
Total work done (kJ)	562 \pm 70	413 \pm 79	653 \pm 116	487 \pm 63
Time > 38.5 °C (min)	48 \pm 9	51 \pm 7	45 \pm 8	47 \pm 9
Mean Tr (°C)	38.20 \pm 0.10	38.19 \pm 0.21	38.17 \pm 0.14	38.23 \pm 0.10
Mean HR (beats/min)	150 \pm 9	151 \pm 9	151 \pm 9	154 \pm 8
SR _{BSA} (g/h/m ²)	276 \pm 65	278 \pm 53	317 \pm 65	341 \pm 194

HR, heart rate; LTHA, long-term heat acclimation; SR_{BSA}, sweat rate relative to body surface area; STHA, short-term heat acclimation; Tr, rectal temperature.

lower in STHA (484 \pm 105 kJ) compared with LTHA (570 \pm 124 kJ). There was no interaction effect of HA phase and sex for total work [$F_{(1,14)} = 0.186$, $P = 0.673$, $np^2 = 0.013$].

ANOVA revealed a main effect of HA phase on duration Tr ≥ 38.5 °C [$F_{(1,14)} = 4.982$, $P = 0.042$, $np^2 = 0.262$]. The duration Tr ≥ 38.5 °C was higher in STHA (49 \pm 8 min) compared with LTHA (46 \pm 8 min). There was no interaction effect of HA phase and sex for duration Tr ≥ 38.5 °C [$F_{(1,14)} = 0.513$, $P = 0.486$, $np^2 = 0.035$].

Physiological responses during HA (days 1–5 and 5–10)

Thermoregulatory responses

There was a main effect of HA day on resting Tr (Tr_{rest}) [$F_{(2,28)} = 37.281$, $P \leq 0.001$, $np^2 = 0.727$]. There was a reduction in Tr_{rest} from day 1 to day 5 (-0.26 ± 0.19 °C, $P = 0.001$), from day 5 to day 10 (-0.21 ± 0.28 , $P = 0.002$), and from day 1 to day 10 (-0.47 ± 0.20 , $P \leq 0.001$). There was no interaction effect of HA day and sex on Tr_{rest} [$F_{(2,28)} = 1.732$, $P = 0.195$, $np^2 = 0.110$].

There was no main effect of HA phase on mean rectal temperature (Tr_{mean}) [$F_{(1,14)} = 0.000$, $P = 0.988$, $np^2 = 0.000$]. Furthermore, there was no interaction effect of HA phase and sex on Tr_{mean} [$F_{(1,14)} = 0.872$, $P = 0.366$, $np^2 = 0.059$].

Cardiovascular responses

There was a main effect of HA day on resting HR (HR_{rest}) [$F_{(2,28)} = 24.137$, $P \leq 0.001$, $np^2 = 0.633$]. There were no changes in HR_{rest} from day 1 to day 5 (-4 ± 6 beats/min, $P = 0.070$). There was a reduction in HR_{rest} from day 5 to day 10 (-6 ± 4 beats/min, $P \leq 0.001$) and from day 1 to day 10 (-10 ± 7 beats/min, $P \leq 0.001$). There was no interaction effect of HA day and sex on HR_{rest} [$F_{(2,28)} = 2.117$, $P = 0.139$, $np^2 = 0.131$].

There was no main effect of HA phase on mean HR (HR_{mean}) [$F_{(1,14)} = 3.059$, $P = 0.102$, $np^2 = 0.179$]. Furthermore, there was no interaction effect of HA phase and sex on HR_{mean} [$F_{(1,14)} = 0.716$, $P = 0.412$, $np^2 = 0.049$].

Sudomotor responses

There was a main effect of HA day on SR relative to body surface area (SR_{BSA}) [$F_{(2,28)} = 16.266$, $P \leq 0.001$, $np^2 = 0.537$]. There was an increase from day 1 to day 5 (89 \pm 144 g/h/m², $P = 0.043$), from day 5 to day 10 (87 \pm 114 g/h/m², $P = 0.014$), and from day 1 to day 10 (177 \pm 134 g/h/m², $P \leq 0.001$). There was no interaction effect for HA day and sex on SR_{BSA} [$F_{(2,28)} = 2.806$, $P = 0.077$, $np^2 = 0.167$].

There was a main effect of HA phase on SR_{BSA} [$F_{(1,14)} = 21.737$, $P \leq 0.001$, $np^2 = 0.608$]. SR_{BSA} was lower in STHA (277 \pm 58 g/h/m²) compared with LTHA (329 \pm 79 g/h/m²). There was no interaction effect of HA phase and sex on SR_{BSA} [$F_{(1,14)} = 0.987$, $P = 0.337$, $np^2 = 0.066$].

Thermoregulatory response to STHA and LTHA

Table 3 presents the mean \pm SD data for male and female physiological responses during RHTT1, RHTT2, and RHTT3.

Resting rectal temperature

There was a main effect of RHTT for Tr_{rest} [$F_{(2,28)} = 26.084$, $P \leq 0.001$, $np^2 = 0.651$]. Tr_{rest} reduced following STHA_(RHTT1 to RHTT2) (-0.13 ± 0.16 °C, $P = 0.002$), LTHA_(RHTT2 to RHTT3) (-0.13 ± 0.16 °C, $P = 0.006$), and LTHA_(RHTT1 to RHTT3) (-0.26 ± 0.16 °C, $P \leq 0.001$). There was an interaction effect of RHTT and sex for Tr_{rest} [$F_{(2,28)} = 5.282$, $P = 0.011$, $np^2 = 0.274$]. Tr_{rest} reduced following STHA_(RHTT1 to RHTT2) in males (-0.24 ± 0.16 °C, $P \leq 0.001$), but no differences were observed in females (-0.02 ± 0.08 °C, $P = 0.597$). Tr_{rest} reduced following LTHA_(RHTT2 to RHTT3) for females (-0.22 ± 0.12 °C, $P \leq 0.001$), but no differences were observed in males (-0.04 ± 0.15 °C, $P = 0.459$). Tr_{rest} reduced following LTHA_(RHTT1 to RHTT3) for both males (-0.28 ± 0.17 °C, $P \leq 0.001$) and females (-0.24 ± 0.17 °C, $P = 0.001$).

Peak rectal temperature (Tr_{peak})

There was a main effect of RHTT for Tr_{peak} [$F_{(2,28)} = 17.972$, $P \leq 0.001$, $np^2 = 0.532$]. Tr_{peak} reduced following

Table 3. Mean ± standard deviation physiological variables during baseline testing (RHTT1), following 5 days heat acclimation (RHTT2) and following 5 days heat acclimation (RHTT3)

	RHTT1		RHTT2		RHTT3	
	Males	Females	Males	Females	Males	Females
Tr _{rest} (°C)	37.16 ± 0.11	37.23 ± 0.29	36.92 ± 0.19*	37.21 ± 0.34	36.88 ± 0.18*	37.94 ± 0.29*†
Tr _{peak} (°C)	38.67 ± 0.25	39.18 ± 0.39	38.28 ± 0.24*	39.12 ± 0.44	38.24 ± 0.40*	38.71 ± 0.42*†
Tr _{change} (°C)	1.51 ± 0.26	1.95 ± 0.31	1.37 ± 0.25	1.91 ± 0.27	1.35 ± 0.41	1.72 ± 0.38
T _{skin_{peak}}	37.30 ± 0.53	37.66 ± 0.95	36.80 ± 0.36	37.25 ± 0.55	36.27 ± 0.77	36.58 ± 0.72*†
HR _{rest} (beats/min)	71 ± 9	78 ± 10	66 ± 8	71 ± 7	63 ± 4	62 ± 7
HR _{peak} (beats/min)	185 ± 11	190 ± 11	170 ± 12*	185 ± 11	172 ± 10*	180 ± 11*
SR _{BSA} (g/h/m ²)	838 ± 215	326 ± 156	827 ± 168	754 ± 260*	1135 ± 324*†	798 ± 229*

*Denotes significant difference to RHTT1 ($P \leq 0.05$).

†Denotes significant difference to RHTT2 ($P \leq 0.05$).

HR, heart rate; SR_{BSA}, sweat rate relative to body surface area; Tr, rectal temperature; T_{skin}, skin temperature.

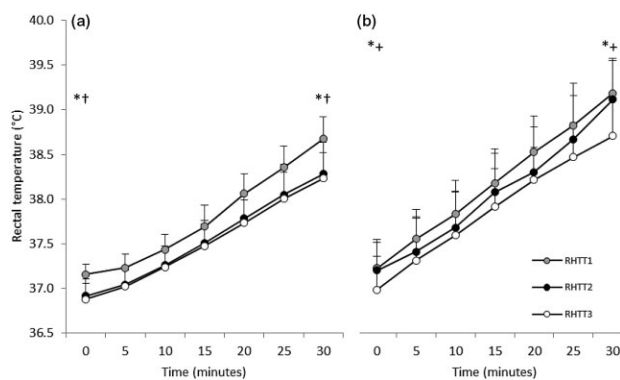


Fig. 1. Mean ± standard deviation rectal temperature at 5-min intervals during the running heat tolerance test for males (a) and females (b). Grey markers represent the RHTT1, black markers RHTT2 and white marker RHTT3. *Denotes significant difference in STHA_(RHTT1 to RHTT2) ($P \leq 0.05$). +Denotes significant difference in LTHA_(RHTT2 to RHTT3) ($P \leq 0.05$). †Denotes significant difference in LTHA_(RHTT1 to RHTT3) ($P \leq 0.05$).

STHA_(RHTT1 to RHTT2) (-0.23 ± 0.32 °C, $P = 0.018$), LTHA_(RHTT2 to RHTT3) (-0.26 ± 0.30 °C, $P = 0.008$), and LTHA_(RHTT1 to RHTT3) (-0.46 ± 0.36 °C, $P = 0.001$). There was an interaction effect of RHTT and sex for Tr_{peak} [$F_{(2, 28)} = 3.339$, $P = 0.050$, $np^2 = 0.193$]. Tr_{peak} reduced following STHA_(RHTT1 to RHTT2) for males (-0.39 ± 0.36 °C, $P \leq 0.001$), but no differences were observed in females (-0.07 ± 0.18 , $P = 0.504$). Tr_{peak} reduced following LTHA_(RHTT2 to RHTT3) for females (-0.41 ± 0.24 °C, $P \leq 0.001$), but no differences were observed in males (-0.05 ± 0.26 °C, $P = 0.590$). Tr_{peak} reduced following LTHA_(RHTT1 to RHTT3) for both males (-0.44 ± 0.45 °C, $P = 0.005$) and females (-0.48 ± 0.27 °C, $P = 0.003$).

Rectal temperature at 5-min intervals

Figure 1 presents the Tr 5-min interval data for both males and females. There was a main effect of RHTT and time on Tr [$F_{(12, 168)} = 2.343$, $P = 0.008$, $np^2 = 0.143$]. Following STHA_(RHTT1 to RHTT2), there was a reduction in Tr at 5 ($P \leq 0.001$), 10 ($P = 0.008$), 15 ($P = 0.027$), 20

($P = 0.007$), and 25 min ($P = 0.018$). Following LTHA_(RHTT2 to RHTT3), there were no differences in Tr at 5 ($P = 0.265$), 10 ($P = 0.347$), 15 ($P = 0.138$), 20 ($P = 0.346$), and 25 min ($P = 113$). Following LTHA_(RHTT1 to RHTT3), there was a reduction in Tr at 5 ($P = 0.002$), 10 ($P = 0.005$), 15 ($P = 0.006$), 20 ($P = 0.002$), and 25 min ($P = 0.001$). There was no interaction effect of RHTT and time and sex for Tr [$F_{(12, 168)} = 1.055$, $P = 0.402$, $np^2 = 0.070$].

Change in rectal temperature

There was no main effect of RHTT for change in rectal temperature (Tr_{change}) [$F_{(2, 28)} = 2.502$, $P = 0.100$, $np^2 = 0.152$]. There was no interaction effect of RHTT and sex observed for Tr_{change} [$F_{(2, 28)} = 0.513$, $P = 0.604$, $np^2 = 0.035$].

Peak skin temperature

There was a main effect of RHTT for peak skin temperature (T_{skin_{peak}}) [$F_{(2, 28)} = 19.085$, $P \leq 0.001$, $np^2 = 0.577$]. T_{skin_{peak}} reduced following STHA_(RHTT1 to RHTT2) (-0.45 ± 0.62 °C; $P = 0.038$), LTHA_(RHTT2 to RHTT3) (-0.60 ± 0.62 °C, $P = 0.007$), and LTHA_(RHTT1 to RHTT3) (-1.05 ± 0.74 °C, $P \leq 0.001$). There was no interaction effect of RHTT and sex observed for T_{skin_{peak}} [$F_{(2, 28)} = 0.088$, $P = 0.916$, $np^2 = 0.006$].

Cardiovascular response to STHA and LTHA

Resting HR

There was a main effect of RHTT for HR_{rest} [$F_{(2, 28)} = 11.177$, $P \leq 0.001$, $np^2 = 0.444$]. Following STHA_(RHTT1 to RHTT2), there were no observed differences in HR_{rest} (-6 ± 11 beats/min, $P = 0.117$). HR_{rest} reduced following LTHA_(RHTT2 to RHTT3) (-6 ± 8 beats/min, $P = 0.027$) and LTHA_(RHTT1 to RHTT3) (-12 ± 12 beats/min,

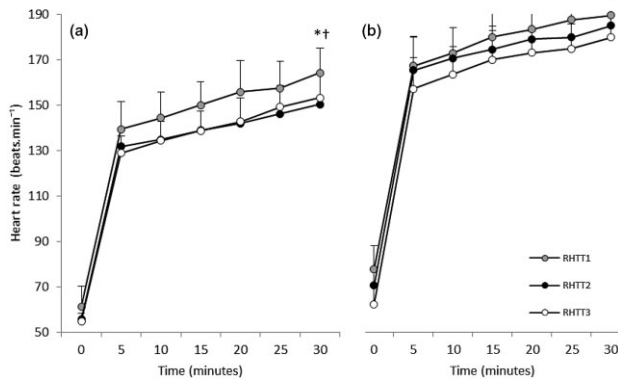


Fig. 2. Mean \pm standard deviation heart rate at 5-min intervals during the running heat tolerance test for males (a) and females (b). Grey markers represent the RHTT1, black markers RHTT2 and white marker RHTT3. *Denotes significant difference in $STHA_{(RHTT1 \text{ to } RHTT2)}$ ($P \leq 0.05$). †Denotes significant difference in $LTHA_{(RHTT1 \text{ to } RHTT3)}$ ($P \leq 0.05$).

$P = 0.003$). There was no interaction effect of RHTT and sex observed for HR_{rest} [$F_{(2, 28)} = 0.942$, $P = 0.402$, $np^2 = 0.063$].

Peak HR (HR_{peak})

There was a main effect of RHTT for HR_{peak} [$F_{(2, 28)} = 19.916$, $P \leq 0.001$, $np^2 = 0.587$]. HR_{peak} reduced following $STHA_{(RHTT1 \text{ to } RHTT2)}$ (-9 ± 10 beats/min, $P = 0.002$) showed no differences following $LTHA_{(RHTT2 \text{ to } RHTT3)}$ (-2 ± 8 beats/min, $P = 1.000$), but reduced following $LTHA_{(RHTT1 \text{ to } RHTT3)}$ (-11 ± 6 beats/min, $P \leq 0.001$). There was an interaction effect of RHTT and sex for HR_{peak} [$F_{(2, 28)} = 3.598$, $P = 0.041$, $np^2 = 0.204$]. HR_{peak} reduced following $STHA_{(RHTT1 \text{ to } RHTT2)}$ in males (-14 ± 12 beats/min, $P \leq 0.001$); no differences were observed in females (-5 ± 3 beats/min, $P = 0.164$). There were no differences observed for HR_{peak} following $LTHA_{(RHTT2 \text{ to } RHTT3)}$ in both males (2 ± 10 beats/min, $P = 0.505$) and females (-5 ± 5 beats/min, $P = 0.076$). HR_{peak} reduced following $LTHA_{(RHTT1 \text{ to } RHTT3)}$ for both males (-13 ± 7 beats/min, $P \leq 0.001$) and females (-10 ± 6 beats/min, $P = 0.001$).

HR at 5-min intervals

Figure 2 presents the HR 5-min interval data for both males and females. There was no main effect of RHTT and time on HR [$F_{(12, 168)} = 0.845$, $P = 0.604$, $np^2 = 0.057$]. There was no interaction effect of RHTT and time and sex for Tr [$F_{(12, 168)} = 1.055$, $P = 0.401$, $np^2 = 0.070$].

Sudomotor response to STHA and LTHA

SR

There was a main effect of RHTT for SR [$F_{(2, 28)} = 12.207$, $P \leq 0.001$, $np^2 = 0.466$]. SR increased following

Sex comparison of temporal patterning to HA

$STHA_{(RHTT1 \text{ to } RHTT2)}$ (334 ± 590 g/h, $P = 0.042$). There were no differences observed for $LTHA_{(RHTT2 \text{ to } RHTT3)}$ for SR (334 ± 636 g/h, $P = 0.131$); however, an increase was observed following $LTHA_{(RHTT1 \text{ to } RHTT3)}$ (668 ± 529 g/h, $P = 0.001$). There was an interaction effect of RHTT and sex for SR [$F_{(2, 28)} = 3.661$, $P = 0.039$, $np^2 = 0.270$]. SR increased following $STHA_{(RHTT1 \text{ to } RHTT2)}$ in females (691 ± 412 g/h, $P = 0.001$), but no differences were observed in males (-22 ± 533 g/h, $P = 0.896$). SR increased following $LTHA_{(RHTT2 \text{ to } RHTT3)}$ for males (583 ± 638 g/h, $P = 0.016$), but no differences were observed in females (85 ± 564 g/h, $P = 0.696$). SR increased following $LTHA_{(RHTT1 \text{ to } RHTT3)}$ for both males (560 ± 594 g/h, $P = 0.010$) and females (776 ± 470 g/h, $P = 0.001$).

SR_{BSA}

There was a main effect of RHTT for SR_{BSA} [$F_{(2, 28)} = 11.947$, $P \leq 0.001$, $np^2 = 0.460$] increasing following $STHA_{(RHTT1 \text{ to } RHTT2)}$ (334 ± 590 g/h/m²; $P = 0.029$). There were no differences observed for $LTHA_{(RHTT2 \text{ to } RHTT3)}$ (334 ± 636 g/h/m², $P = 0.210$) and $LTHA_{(RHTT1 \text{ to } RHTT3)}$ (668 ± 529 g/h/m², $P \leq 0.001$). There was an interaction effect of RHTT and sex on SR_{BSA} [$F_{(2, 28)} = 3.939$, $P = 0.031$, $np^2 = 0.220$]. SR_{BSA} increased following $STHA_{(RHTT1 \text{ to } RHTT2)}$ for females (428 ± 269 g/h/m², $P = 0.001$), but no differences were observed in males (-11 ± 286 g/h/m², $P = 0.909$). SR_{BSA} increased following $LTHA_{(RHTT2 \text{ to } RHTT3)}$ for males (308 ± 346 g/h/m², $P = 0.029$), but no differences were observed in females (44 ± 373 g/h/m², $P = 0.733$). SR_{BSA} increased following $LTHA_{(RHTT1 \text{ to } RHTT3)}$ for both males (297 ± 314 g/h/m², $P = 0.015$) and females (472 ± 291 g/h/m², $P = 0.001$).

Discussion

HA literature in humans is primarily based on male participants, which limits the interpretation to females owing to the sex differences in thermoregulation. We examined the sex differences in the temporal patterning to STHA and LTHA. Our data demonstrate that both males and females achieve partial adaptation following STHA, with males demonstrating a reduction in thermoregulatory and cardiovascular strain and females demonstrating an increased sudomotor function. Following LTHA, both males and females achieved additional adaptation, with females demonstrating a reduction in thermoregulatory strain and males an increased sudomotor function. These results suggest that both males and females respond to STHA; however, females require LTHA to establish thermoregulatory and cardiovascular stability.

STHA

Following STHA, approximately 70% of adaptations have been reported to be achieved (Poirier et al., 2014).

In the current study, males demonstrated more adaptation following STHA compared with females with a reduction in Tr_{rest} (-0.24 ± 0.16 °C) and Tr_{peak} (-0.32 ± 0.36 °C); these changes did not result in any changes in Tr_{change} . The magnitude of reduction in Tr is very similar to the 0.3 °C observed by Garrett et al. (2012) following 5 days of controlled hyperthermia. Endurance performance is markedly impaired in hot compared with temperate environment due to an increase in core temperature causing a decrease in central activation (Nybo & Nielsen, 2001). Attenuation of the Tr_{peak} may lessen or delay the likelihood of individuals obtaining or expressing signs of heat-related illnesses when training, working, or competing in the heat, demonstrating the effectiveness of STHA in males.

In the current study, exercise intensity, exercise duration, and total work performed were higher during LTHA compared with STHA. This increased exercise intensity was administered to elicit and maintain the target core temperature of 38.5 °C. The higher exercise intensity during LTHA would result in a higher metabolic heat production compared with STHA. Because total heat loss during exercise is predominantly a function of evaporative heat loss, a greater rate of metabolic heat production in LTHA, with comparable Tr values achieved, suggests an increase in evaporative heat loss and thus reduced heat storage. These findings support that partial heat adaptation was achieved during STHA.

Cardiac stability was achieved following STHA in male participants evidenced by a reduction in HR_{peak} . The 14 ± 12 beats/min reduction in HR_{peak} is in accordance with previous observations following STHA using controlled hyperthermia (Patterson et al., 2004; Garrett et al., 2012). The reduction in cardiovascular strain is potentially due to an increase in blood volume, preserving stroke volume and reducing heat transfer from the body's core to the skin and ultimately to the external environment.

Sunderland et al. (2008) assessed the effect of 4-day HA on female game players intermittent sprint performance in the heat. Intermittent sprint performance increased by 33% following 4-day HA; however, there were no differences in Tr_{peak} , HR_{peak} , and SR. The self-regulated nature of the intermittent sprint protocol used provides no standardized endogenous thermal load, potentially constraining adaptation in some individuals (Taylor & Cotter, 2006). Furthermore, any reduction in thermoregulatory and cardiovascular strain may have been negated due to participants performing more work following HA. The findings in the current study are in agreement with these previous reports, with no reductions in cardiovascular and thermoregulatory strain during STHA in female participants.

An increase in whole body SR observed in females following STHA in the current study suggests either an altered afferent neural activity from the peripheral or central thermoreceptors causing different integration of

thermal information, an altered efferent neural activity for a given level of afferent input or an altered effector response. Sex modulates peripheral control of the sudomotor function; this is evidenced by a reduced thermosensitivity, resulting in females having a reduced SR compared with males (Gagnon & Kenny, 2011). Consequently, it may be hypothesized that the enhanced sudomotor function in the female participants following STHA in the current study is a result of peripheral changes to the thermosensitivity of the eccrine sweat glands. The potential mechanisms for this include an increased cholinergic sensitivity of the eccrine sweat gland and increase glandular hypertrophy (Buono et al., 2009; Lorenzo & Minson, 2010).

LTHA

The adaptive effects of LTHA are well established, such that the extent to which an individual physiologically adapts to HA is dependent on the length of exposure to heat stress conditions. In the current study, there was a reduction in the combined thermoregulatory and cardiovascular strain, an enhanced sudomotor function following LTHA in all participants. These findings are in accordance to the results reported by Avellini et al. (1980) when assessing sex differences in adaptation to 10-day fixed intensity HA. Males and females were reported to express similar adaptive response evidence by reduction in Tr , an increased SR, and an improved exercise capacity. Participants worked at the same absolute exercise intensity during the HA session; therefore, there may have been variety in the physiological strain placed on participants. When work rate remains constant, thermal strain during sequential exposures progressively declines, constraining adaptation (Taylor & Cotter, 2006).

Because controlled hyperthermia ensures equal thermal strain during every session, it can be assumed that adaptation was not constrained during sequential sessions in the current study, establishing more complete adaptation (Taylor & Cotter, 2006). Additional adaptations were observed during LTHA for the female participant's evidence by reductions in measure of thermoregulatory and cardiovascular strain from RHTT2 to RHTT3. These observed differences were not present in male participants; thus, females require LTHA to establish thermoregulatory and cardiovascular stability.

LTHA established an improved sudomotor response in the current study. Increased SR is not unique to the current study with HA known to improve peripheral and central mechanisms involved in sudomotor function via enhanced sweat gland sensitivity (Buono et al., 2009) and reductions in the onset threshold for sweating, enhancing evaporative heat loss (Yamazaki & Hamasaki, 2003). Complete sudomotor adaptation has been suggested to take between 10 and 14 days to establish (Armstrong & Maresh, 1991), but this biphasic

Sex comparison of temporal patterning to HA

adaptation may be more protocol dependent. In the current study, females obtained no additional benefit to the sudomotor function as a result of LTHA; however, an increase in SR was observed from RHTT2 to RHTT3 in male participants.

Limitations

The exercise elicited during the HA sessions was performed at 65% of $\dot{V}O_{2\max}$. Females in the current study had a lower absolute $\dot{V}O_{2\max}$ compared with male participants; consequently, they worked at a lower metabolic heat production providing a lower stimulus for sweat production (Gagnon et al., 2008, 2013; Cramer & Jay, 2014). Furthermore, females in the current study had a lower body mass compared with the male participants which entails less heat storage, and therefore a lower exercise intensity is required to increase their body temperature to 38.5 °C (Gagnon et al., 2009). Consequently, the stress imposed during the HA sessions was likely lower in female participants, potentially constraining adaptation and influencing the time course of adaptation due to inadequate endogenous heat strain. Future research is warranted to quantify these potential differences between males and females. Future work should involve the implementation of a controlled hyperthermia protocol where workload is administered using relative heat production. This may further optimize adaptation to HA by reducing individual variability associated with metabolic heat production (Cramer & Jay, 2014).

Future work should implement greater control over hormonal alterations that alter thermoregulatory responses associated with the menstrual cycle between repeated trials. An elevation in progesterone concentration, associated with the luteal phase of the menstrual cycle, alters resting body temperature, the threshold for sweating, and cutaneous vasodilation and, consequently, tolerance to exercise heat stress (Inoue et al., 2005). In the current study, the minimum number of days the protocol required for completion was 16, thus crossing over the two menstrual cycle phases. For those participants not using oral contraception, RHTT1 and RHTT2 were performed during the follicular phase of their self-reported menses, when resting core temperature and

the threshold for the onset of sweating and cutaneous vasodilation is lower compared with the luteal phase. However, RHTT3 was performed during the luteal phase of their self-reported menses. Consequently, the extent of the adaptation reported in females may have been smaller due to alterations in hormone concentrations of progesterone associated with the menstrual cycle (Inoue et al., 2005). Controlling for the hormonal alteration associated with the menstrual cycle throughout HA would provide a greater understanding into the true adaptation present.

Furthermore, in the current study, changes in plasma volume and fluid regulation were not measured, both of which assist in the maintenance of an elevated SR and a reduced cardiovascular strain associated with HA (Taylor, 2014). Consequently, the effect of these adaptations on the improvement in SR and reduction in cardiovascular strain in the current is not known.

Perspectives

In the current study, HA was effective in attenuating physiological strain and improving exercise heat tolerance in both males and females and thus, may reduce the likelihood of obtaining a heat-related illness during training or competition in the heat. STHA is a preferred regime for athletes as it is easier to adopt when sustaining quality training and tapering performance in the weeks before competition. These findings suggest that while STHA may be effective in achieving partial adaptation in males and females, females require LTHA to establish reductions in cardiovascular and thermoregulatory strain. Thus, HA protocols should be tailored to target sex differences as sex has been shown to modulate the temporal patterning of HA.

Key words: Controlled hyperthermia, heat illness, males, females, acclimatization.

Acknowledgements

The authors would like to thank the volunteers for their participation in this investigation.

Conflicts of interest: The authors of this study declare that they have no conflict of interest.

References

- Armstrong L, Maresh C. The induction and decay of heat acclimatisation in trained athletes. *Sports Med* 1991; 12 (5): 302–312.
- Avellini BA, Kamon E, Krajewski JT. Physiological responses of physically fit men and women to acclimation to humid heat. *J Appl Physiol Respir Environ Exerc Physiol* 1980; 49 (2): 254–261.
- Borg GAV. Psychophysical bases of perceived exertion. *Med Sci Sports Exerc* 1962; 14 (5): 337–381.
- Buono MJ, Heaney JH, Canine KM. Acclimation to humid heat lowers resting core temperature. *Am J Physiol* 1998; 274: R1295–R1299.
- Buono MJ, Martha SL, Heaney JH. Peripheral sweat gland function is improved with humid heat acclimation. *J Therm Biol* 2009; 34 (3): 127–130.
- Cramer MN, Jay O. Selecting the correct exercise intensity for unbiased comparisons of thermoregulatory responses between groups of different mass and surface area. *J Appl Physiol* 2014; 116 (9): 1123–1132.
- Druyan A, Makranz C, Moran D. Heat tolerance in women – reconsidering the

- criteria. *Aviat Space Environ Med* 2012; 83 (1): 53–60.
- Epstein Y. Heat intolerance: predisposing factor or residual injury? *Med Sci Sports Exerc* 1990; 22 (1): 29–35.
- Epstein Y, Shapiro Y, Shai B. Role of surface area-to-mass ratio and work efficiency in heat intolerance. *J Appl Physiol Respir Environ Exerc Physiol* 1983; 54 (3): 831–836.
- Frank A, Belokopytov M, Moran D, Shapiro Y, Epstein Y. Changes in heart rate variability following acclimation to heat. *J Basic Clin Physiol Pharmacol* 2001; 12 (1): 19–32.
- Fujii N, Honda Y, Ogawa T, Tsuji B, Kondo N, Koga S, Nishiyasu T. Short-term exercise-heat acclimation enhances skin vasodilation but not hyperthermic hyperpnea in humans exercising in a hot environment. *Eur J Appl Physiol* 2012; 112 (1): 295–307.
- Gagnon D, Jay O, Kenny GP. The evaporative requirement for heat balance determines whole-body sweat rate during exercise under conditions permitting full evaporation. *J Physiol* 2013; 591 (11): 2925–2935.
- Gagnon D, Kenny GP. Sex modulates whole-body sudomotor thermosensitivity during exercise. *J Physiol* 2011; 589 (24): 6205–6217.
- Gagnon D, Kenny GP. Sex differences in thermoeffector responses during exercise at fixed requirements for heat loss. *J Appl Physiol* 2012; 113 (5): 746–757.
- Gagnon D, Jay O, Lemire B, Kenny GP. Sex-related differences in evaporative heat loss: the importance of metabolic heat production. *Eur J Appl Physiol* 2008; 104 (5): 821–829.
- Gagnon D, Dorman LE, Jay O, Hardcastle S, Kenney GP. Core temperature differences between males and females during intermittent exercise: physical considerations. *Eur J Appl Physiol* 2009; 105 (3): 453–461.
- Galloway SDR, Maughan RJ. Effects of ambient temperature on the capacity to perform prolonged cycle exercise in man. *Med Sci Sports Exerc* 1997; 29 (9): 1240–1249.
- Garrett AT, Rehrer NJ, Patterson MJ. Induction and decay of short-term heat acclimation in moderately and highly trained athletes. *Sports Med* 2011; 41 (9): 757–771.
- Garrett AT, Goossens NG, Rehrer NG, Patterson MJ, Cotter JD. Induction and decay of short-term heat acclimation. *Eur J Appl Physiol* 2009; 107 (6): 659–670.
- Garrett AT, Creasy R, Rehrer NJ, Patterson MJ, Cotter JD. Effectiveness of short-term heat acclimation for highly trained athletes. *Eur J Appl Physiol* 2012; 112 (5): 1827–1837.
- Havenith G. Human surface to mass ratio and body core temperature in exercise heat stress – a concept revisited. *J Therm Biol* 2001; 26 (4–5): 387–393.
- Inoue Y, Tanaka Y, Omori K, Kuwahara T, Ogura Y, Ueda H. Sex- and menstrual cycle-related differences in sweating and cutaneous blood flow in response to passive heat exposure. *Eur J Appl Physiol* 2005; 94 (3): 323–332.
- Lorenzo S, Minson CT. Heat acclimation improves cutaneous vascular function and sweating in trained cyclists. *J Appl Physiol* 2010; 109: 1736–1743.
- Lorenzo S, Halliwill J, Sawka MN, Minson CT. Heat acclimation improves exercise performance. *J Appl Physiol* 2010; 109 (4): 1140–1147.
- Mee JA, Doust J, Maxwell NS. Repeatability of a running heat tolerance test. *J Therm Biol* 2015; 49–50: 91–97.
- Moran DS, Shapiro Y, Laor A, Izraeli S, Pandolf KB. Can gender differences during exercise-heat stress be assessed by the physiological strain index? *Am J Physiol Regul Integr Comp Physiol* 1999; 276: R1798–R1804.
- Moran D, Heled Y, Still L, Laor A, Shapiro Y. Assessment of heat tolerance for post exertional heat stroke individuals. *Med Sci Monit* 2004; 10 (6): CR252–CR257.
- Nybo L, Nielsen B. Hyperthermia and central fatigue during prolonged exercise in humans. *J Appl Physiol* 2001; 91 (3): 1055–1060.
- Patterson MJ, Stocks JM, Taylor NAS. Humid heat acclimation does not elicit a preferential sweat redistribution toward the limbs. *Am J Physiol Regul Integr Comp Physiol* 2004; 286: R512–R518.
- Poirier MP, Gagnon D, Friesen BJ, Hardcastle SG, Kenney GP. 2014. *Whole-Body Heat Exchange during Heat Acclimation and Its Decay*. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/24870585> (Accessed September 5, 2014).
- Racinais S, Mohr M, Buchheit M, Voss SC, Gaoua N, Grantham J, Nybo L. Individual responses to short-term heat acclimatisation as predictors of football performance in a hot, dry environment. *Br J Sports Med* 2012; 46 (11): 810–815.
- Ramanathan NL. A new weighting system for mean surface temperature of the human body. *J Appl Physiol* 1964; 19: 531–533.
- Sawka NM, Burke LM, Eichner ER, Maughan RJ, Montain SJ, Stachenfield NS. American College of Sports Medicine position stand. Exercise and fluid replacement. *Med Sci Sports Exerc* 2007; 39 (2): 377–390.
- Sunderland C, Morris JG, Nevill ME. A heat acclimation protocol for team sports. *Br J Sports Med* 2008; 42: 327–333.
- Taylor NAS. Human heat adaptation. *Compr Physiol* 2014; 4 (1): 325–365.
- Taylor NAS, Cotter JD. Heat adaptation: guidelines for the optimisation of human performance. *Int J Sports Med* 2006; 7 (1): 33–57.
- Toner MM, Drolet LL, Pandolf KB. Perceptual and physiological responses during exercise in cool and cold water. *Percept Mot Skills* 1986; 62: 211–220.
- Winget CM, DeRoshia CW, Holey DC. Circadian rhythms and athletic performance. *Med Sci Sports Exerc* 1985; 17 (5): 498–516.
- Yamazaki F, Hamasaki K. Heat acclimation increases skin vasodilation and sweating but not cardiac baroreflex responses in heat-stressed humans. *J Appl Physiol* 2003; 95: 1567–1574.