



The FOUNDATION for the  
Royal College of Chiropractic  
Sports Sciences (Canada)



*Recognizing & Promoting Sports Chiropractic Research*

2021 Research Award Winner

Dr. Melissa  
Belchos





**Dr. Rocco Guerriero**  
Research Funding  
Grant



**Dr. Melissa Belchos**

**Dr. Silvano Mior Dr. Sheilah Hogg-Johnson Dr. Efrosini Papaconstantinou**

"Exploring sleep characteristics and perspectives in Canadian varsity athletes."

A handwritten signature in black ink, appearing to be "G. Uchacz".

Peer Review Chair  
The FOUNDATION for the RCCSS(C)  
Research Funding Grants/Awards  
**Dr. Greg Uchacz**

A handwritten signature in black ink, appearing to be "Eric Helson".

President  
The FOUNDATION for the RCCSS(C)  
**Dr. Eric Helson**

*Presented: November 1, 2021*

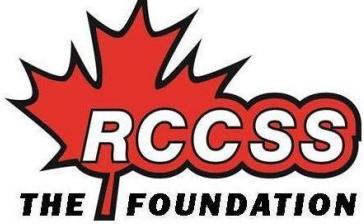


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# Exploring Sleep Characteristics and Perspectives in Canadian Varsity Athletes



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Please refer to the Foundation's  
website for other  
Foundation Sports Research  
articles and videos.

[frccss.ca](http://frccss.ca)



Melissa Belchos'  
Video

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