

Supplementary 1. Search strategy and number of records initially retrieved.

Database	Outcome of Interest	Population of Interest	Total records
PubMed	sleep AND	elite OR competitive OR athlete/s OR sport OR player/s	1124
SCOPUS	sleep AND	elite OR competitive OR athlete/s OR sport OR player/s	1823
SPORTDiscus	sleep AND	elite OR competitive OR athlete/s OR sport OR player/s	1119
Total			4066

The literature search examined databases from their inception until 26th February 2018. The search strategy required any of the potential combinations of keywords to be found in the title and/or abstract.