

Supplementary 5. Sleep characteristics during a competitive period

Study	Sport	Competition / athlete description	Sex	n	Recording period	Mean (SD)				
						Age, years	TST, min	SE, %	SOL, min	WASO, min
<i>Competitive-elite</i>										
Caia et al. 2017	RL	Preparation + one match in season	Male	7	7 nights	24 (2)	414 (24)	86 (2)	17 (8)	NP
Dennis et al. 2016	ARF	Preparation + matches across season	Male	2	1 season	24 (3)	414 (64)	79 (7)	NP	NP
Lalor et al. 2018	ARF	Preparation + 4 matches in season	Male	4	16 nights	22 (3)	485 (NP)	86(NP)	11(NP)	NP
Lastella et al. 2015	Cycling	Preparation + first two days of stage race	Male	2	8 nights	20 (2)	420 (48)	86 (5)	29 (25)	NP
Staunton et al. 2017	Basketball	Preparation + matches across two seasons	Fem	1	30 weeks	28 (4)	456 (90)	92 (4)	NP	NP
Mean						24 (3)	438 (57)	86 (5)	19 (17)	-
<i>Semi-elite</i>										
Juliff et al. 2018	Netball	Tournament – successful teams	Fem	4	6 nights	19 (1)	482 (37)	89 (3)	12 (6)	NP
Juliff et al. 2018	Netball	Tournament – unsuccessful teams	Fem	4	6 nights	19 (1)	421 (28)	88 (6)	9 (9)	NP
Romyn et al. 2016	Netball	Tournament	Fem	8	7 nights	20 (2)	487 (24)	89 (1)	17 (11)	32 (5)
Mean (SD)						19 (1)	463 (30)	89 (3)	13 (9)	32 (5)
Overall Mean (SD)						22 (2)	447 (45)	87 (4)	16 (12)	32 (5)

RL = Rugby league, ARF = Australian Rules football, TST = Total sleep time, SE = Sleep efficiency, SOL = Sleep onset latency, WASO = Wake after sleep onset. Grey shading represents outcomes that are below current recommendations for TST and SE.