

Supplementary 6. Sleep on nights surrounding competition (-2 to +2)

Study	Sport	Sex	home or away	time of comp	win or loss	n	age	-2			-1			0			+1			+2						
								TST, min	SE, %	SOL, min	TST, min	SE, %	SOL, min	TST, min	SE, %	SOL, min	TST, min	SE, %	SOL, min	TST, min	SE, %	SOL, min				
Competitive-elite																										
<u>Caia et al. 2017</u>	RL	M	H	E	-	7	24 (2)	<u>407(101)</u>	-	-		<u>392 (86)</u>	-	-		<u>356 (57)</u>	-	-		464 (65)	-	-		426 (45)	-	-
Chennaoui et al. 2016	Swim	M+F	-	M	W	4	22 (3)	-	-	-		525 (68)	91 (7)	-		-	-	-		-	-	-		-	-	-
Chennaoui et al. 2016	Swim	M+F	-	AF	W	4	"	-	-	-		517 (40)	86 (9)	-		-	-	-		-	-	-		-	-	-
Chennaoui et al. 2016	Swim	M+F	-	AF	W	4	"	-	-	-		525 (68)	85 (15)	-		-	-	-		-	-	-		-	-	-
Chennaoui et al. 2016	Swim	M+F	-	M	L	5	"	-	-	-		521 (49)	90 (6)	-		-	-	-		-	-	-		-	-	-
Chennaoui et al. 2016	Swim	M+F	-	AF	L	5	"	-	-	-		491 (28)	91 (6)	-		-	-	-		-	-	-		-	-	-
Chennaoui et al. 2016	Swim	M+F	-	AF	L	5	"	-	-	-		633 (34)	92 (3)	-		-	-	-		-	-	-		-	-	-
<u>Dunican et al. 2018</u>	RU	M	H	E	-	20	26 (3)	479 (83)	<u>78 (11)</u>	-		515 (104)	<u>83 (10)</u>	-		<u>296 (179)</u>	<u>62 (34)</u>	-		435 (76)	<u>81 (10)</u>	-		426 (62)	<u>81 (12)</u>	-
<u>Eagles & Lovell 2016</u>	RU	M	H	E	-	10	24 (3)	523 (25)	<u>84 (10)</u>	-		479 (56)	88 (6)	-		<u>306 (24)</u>	87 (6)	-		485 (179)	88 (7)	-		470 (77)	87 (5)	-
<u>Eagles & Lovell 2016</u>	RU	M	H	E	-	10	"	449 (53)	88 (8)	-		445 (47)	88 (1)	-		<u>274 (87)</u>	86 (5)	-		517 (59)	86 (5)	-		448 (78)	87 (6)	-
<u>Fowler et al. 2014*</u>	Football	M	H	NP	-	6	23 (8)	420 (60)	<u>82 (8)</u>	11 (14)		516 (60)	<u>83 (7)</u>	26 (20)		<u>360 (60)</u>	<u>84 (8)</u>	18 (21)		<u>390 (60)</u>	<u>84 (8)</u>	11 (11)		486 (75)	85 (8)	25 (22)
<u>Fowler et al. 2014*</u>	Football	M	A	NP	-	6	"	438 (75)	86 (8)	21 (22)		534 (77)	86 (8)	36 (24)		<u>324 (67)</u>	<u>84 (8)</u>	15 (19)		492 (67)	86 (7)	36 (20)		<u>414 (75)</u>	85 (8)	36 (21)
<u>Fowler et al. 2015</u>	Football	M	A	E	-	16	27 (4)	420 (86)	-	-		432 (73)	-	-		<u>252 (61)</u>	-	-		<u>402 (49)</u>	-	-		<u>396 (74)</u>	-	-
<u>Fullagar et al. 2016^</u>	Football	M	A	E	-	15	26 (5)	464 (67)	<u>81 (10)</u>	18 (10)		486 (68)	<u>81 (8)</u>	21 (14)		<u>272 (101)</u>	<u>78 (10)</u>	23 (30)		<u>348 (155)</u>	<u>77 (11)</u>	21 (18)		506 (80)	88 (5)	24 (22)
<u>Fullagar et al. 2016^</u>	Football	M	A	E	-	15	"	486 (69)	85 (6)	33 (32)		481(109)	87 (6)	23 (11)		<u>223 (155)</u>	<u>71 (30)</u>	16 (14)		-	-	-		-	-	-
<u>Lalor et al. 2018*</u>	ARF	M	H	AF+E	-	45	22 (3)	-	-	-		563 (63)	85 (8)	12 (21)		436 (101)	86 (8)	12 (24)		531 (95)	85 (9)	9 (15)		511 (62)	85 (6)	12 (14)
<u>Lastella et al. 2015*</u>	Cycling	M	A	M+AF	-	21	20 (2)	<u>414 (54)</u>	85 (5)	36 (3)		<u>390 (54)</u>	85 (5)	36 (3)		<u>402 (48)</u>	86 (6)	38 (5)		-	-	-		-	-	-
Nedelec et al. 2017	Football	M	H+A	E	-	1	31 (-)	-	-	-		-	-	-		<u>302 (77)</u>	<u>70 (10)</u>	65 (35)		-	-	-		-	-	-
<u>O'Donnell et al. 2018*</u>	Netball	F	-	E	-	11	23 (4)	-	-	-		511 (62)	<u>82 (6)</u>	23 (15)		<u>406 (47)</u>	<u>79 (6)</u>	22 (26)		443 (47)	<u>84 (7)</u>	33 (16)		-	-	-
O'Donnell et al. 2018	Netball	F	-	E	-	10	23 (6)	-	-	-		-	-	-		<u>363 (111)</u>	<u>74 (10)</u>	67 (52)		-	-	-		-	-	-
<u>Richmond et a. 2004*</u>	ARF	M	H	AF	-	10	23 (2)	-	-	-		574 (53)	89 (10)	-		<u>455 (65)</u>	<u>83 (11)</u>	-		525 (46)	90 (9)	-		-	-	-
<u>Richmond et al. 2004*</u>	ARF	M	A	AF	-	10	"	-	-	-		571 (45)	85 (12)	-		<u>402 (46)</u>	<u>82 (9)</u>	-		517 (55)	86 (8)	-		-	-	-
Richmond et al. 2007*	ARF	M	H	AF	-	19	24 (3)	-	-	-		581 (40)	93 (4)	-		-	-	-		-	-	-		-	-	-
Richmond et al. 2007*	ARF	M	A	AF	-	19	"	-	-	-		572 (37)	92 (4)	-		-	-	-		-	-	-		-	-	-
<u>Sargent & Roach 2016^</u>	ARF	M	H	AF	-	22	22 (3)	-	-	-		486 (48)	<u>82 (4)</u>	18 (11)		444 (66)	<u>80 (10)</u>	34 (38)		-	-	-		-	-	-
<u>Sargent & Roach 2016^</u>	ARF	M	A	E	-	22	"	-	-	-		462 (48)	<u>84 (6)</u>	11 (13)		<u>318 (36)</u>	<u>79 (8)</u>	34 (37)		-	-	-		-	-	-
<u>Shearer et al. 2015</u>	RU	M	H	E	-	28	24 (3)	424 (61)	<u>79 (9)</u>	34 (40)		457 (74)	<u>78 (11)</u>	28 (25)		<u>362 (87)</u>	<u>75 (11)</u>	38 (34)		<u>416 (69)</u>	<u>79 (8)</u>	29 (30)		<u>400 (78)</u>	<u>80 (12)</u>	24 (25)
<u>Staunton et al. 2017*</u>	B/Ball	F	H	AF+E	-	17	28 (4)	-	-	-		462(102)	91 (4)	-		444 (108)	92 (4)	-		498 (96)	93 (4)	-		-	-	-
<u>Staunton et al. 2017*[∞]</u>	B/Ball	F	A	AF+E	-	17	"	-	-	-		474 (96)	92 (4)	-		456 (78)	93 (4)	-		450 (78)	92 (5)	-		-	-	-
Mean (SD)	-	-	-	-	-	-	24 (4)	448 (67)	83 (8)	26 (20)		504 (63)	87 (7)	23 (16)		355 (79)	81 (10)	32 (28)		461 (80)	85 (8)	23 (18)		448 (71)	85 (8)	24 (21)
Semi-elite																										
Juliff et al. 2018*	Netball	F	A	AF	-	42	19 (1)	-	-	-		-	-	-		457 (66)	-	-		-	-	-		-	-	-
Juliff et al. 2018*	Netball	F	A	E	-	42	"	-	-	-		-	-	-		428 (45)	-	-		-	-	-		-	-	-
Juliff et al. 2017	Netball	F	-	E	-	12	19 (1)	-	-	-		-	-	-		458 (NP)	87 (NP)	-		-	-	-		-	-	-
Netzer et al. 2001	Cycling	M	A	AF	-	15	24 (-)	-	-	-		-	-	-		-	91 (5)	20 (-)		-	-	-		-	-	-
Roach et al. 2013 ^o *	Football	M	A	AF	-	10	16 (1)	-	-	-		-	-	-		<u>372 (60)</u>	<u>78 (4)</u>	-		-	-	-		-	-	-
Roach et al. 2013 ^o *	Football	M	A	E	-	10	"	-	-	-		-	-	-		<u>402 (60)</u>	<u>79 (3)</u>	-		-	-	-		-	-	-
Roach et al. 2013 ^o *	Football	M	A	AF	-	9	17 (1)	-	-	-		-	-	-		<u>384 (42)</u>	<u>79 (5)</u>	-		-	-	-		-	-	-
Roach et al. 2013 ^o *	Football	M	A	E	-	9	"	-	-	-		-	-	-		<u>360 (54)</u>	<u>76 (6)</u>	-		-	-	-		-	-	-
Mean (SD)	-	-	-	-	-	-	19 (1)	-	-	-		-	-	-		409 (55)	82 (5)	20 (-)		-	-	-		-	-	-
Overall Mean (SD)	-	-	-	-	-	-	23 (3)	448 (67)	83 (8)	26 (20)		504 (63)	87 (7)	23 (16)		368 (74)	81 (9)	31 (28)		461 (80)	85 (8)	23 (18)		448 (71)	85 (8)	24 (21)

^ pre-season or friendly matches examined. * indicates data is a mean over two or more competitions/games/matches. # study included consecutive days of comp but only the first is shown here. ∞ includes data for night '0' when both single and 'double header' fixtures were played. ° Indicates study examined matches played during a training camp, and that due to travel and the scheduling of successive matches data from nights -2, -2, +1, and +2 were potentially confounded (i.e., night -1 of one match was also night +1 of another) Thus, only mean data for the night-of competition is provided. Underlined studies were included in meta-analyses as they examined sleep on multiple nights surrounding competition (n=13).

