

References

Chtourou, H., & Souissi, N. (2012). The effect of acute exercise and/or time of day on sleep: A review. *Journal of Sports Science & Medicine*, 11(3), 406-414.
[10.1519/JSC.0b013e3182281c87](https://doi.org/10.1519/JSC.0b013e3182281c87)

Friedman Test. StatsTest.com. (2020, November 3).
<https://www.statstest.com/friedman-test/>

Fullagar, H. H., Skorski, S., Duffield, R., Hammes, D., Coutts, A. J., & Meyer, T. (2015). Sleep and athletic performance: the effects of sleep loss on exercise performance, and physiological and cognitive responses to exercise. *Sports medicine (Auckland, N.Z.)*, 45(2), 161–186. <https://doi.org/10.1007/s40279-014-0260-0>

Lastella, M., Lovell, G. P., & Sargent, C. (2014). Athletes' precompetitive sleep behaviour and its relationship with subsequent precompetitive mood and performance. *European journal of sport science*, 14 Suppl 1, S123–S130.
<https://doi.org/10.1080/17461391.2012.660505>

Mah, C. D., Mah, K. E., Kezirian, E. J., & Dement, W. C. (2011). The effects of sleep extension on the athletic performance of collegiate basketball players. *Sleep*, 34(7), 899-907. <https://doi.org/10.5665/SLEEP.1132>

National Sleep Foundation. (2020). *How much sleep do we really need?* National Sleep Foundation.

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

Pilcher, J., & Huffcutt , A. (1996). The effects of sleep deprivation on performance: A meta-analysis. *Sleep*, 46(11), 749-755. <https://doi.org/10.1136/bjsports-2011-090670>

Waterhouse, J., Atkinson, G., Edwards, B., & Reilly, T. (2007). The role of a short post-lunch nap in improving cognitive, motor, and sprint performance in participants with partial sleep deprivation. *Journal of Sports Sciences*, 25(14), 1557–1566.
<https://doi.org/10.1080/02640410701244983>

Teece, A. R., Beaven, M., Huynh, M., Argus, C. K., Gill, N., & Driller, M. W. (2023). Nap to perform? Match-day napping on perceived match performance in professional rugby union athletes. *International Journal of Sports Science & Coaching*, 18(2), 462-469.
<https://doi.org/10.1177/17479541221084146>