

responses (6)				
#	*Could you go back to sleep at 10/11am?*	*Do you need caffeine before noon to function optimally?*	*If you didn't set an alarm, would you oversleep?*	*At a race weekend, do you ever feel slow to react to sudden changes on track (e.g., avoiding an incident, defending a position)?*
2yocis5dbvoauhrrk1lm952yocif4d7z	NO	YES	YES	YES
x7527kivvm0sx7527kzm3gp05np66n4	Sometimes	NO	YES	NO
kvokytenyq267mh32rp7zkvok4gbuavc	NO	YES	NO	YES
o6sxh6tr4xikmhz06xvb3ien8jn7u	YES	YES	Sometimes	YES
q31y748pnmpvcl5q31y7op6hkhqkes	Sometimes	YES	YES	YES
xmkj2itx2dlv8l2auvcxmkj2pjn6yfmi	YES	NO	Sometimes	Sometimes
djmbl075oqaxwp9g09zyk7djmbl078v	Sometimes	NO	Sometimes	NO
2kqc8raih7ndu1o29t2kqc8rmu8mih81	NO	NO	Sometimes	YES
q49vh4o58auoj4q49hx3mtkcojmp9	Sometimes	NO	YES	Sometimes

*Do you struggle to maintain full concentration in long races or late into a race weekend?		*Do you feel more frustrated, anxious, or easily irritated at race weekends?		*Do you forget what colour the last traffic lights when driving on the road?		*How do you sleep on the build up to and during a race weekend?		*Do you use a sleep monitor to track your rest and recovery?	
YES	Sometimes	NO		Poorly (<6 hours)		Yes, I track my sleep regularly			
NO	NO	Sometimes		Okay (6-7 hours)		No, I've never thought about it			
YES	YES	YES		Okay (6-7 hours)		No, I've never thought about it			
YES	Sometimes	NO		Poorly (<6 hours)		No, I've never thought about it			
YES	YES	NO		Okay (6-7 hours)		Yes, I track my sleep regularly			
Sometimes	YES	Sometimes		Okay (6-7 hours)		No, I've never thought about it			
Sometimes	YES	NO		Well (7-8+ hours)		No, I've never thought about it			
YES	YES	Sometimes		Okay (6-7 hours)		No, but I'm interested in tracking			
YES	Sometimes	NO		Okay (6-7 hours)		No, but I'm interested in tracking			

*Would you like to know how to improve your mental sharpness, focus, and consistency for race weekends?				First name	Last name	Email	counter_1670e4d0_c5a8_4eda_a108_c7971e031a4b	counter_291d4dd7_ef43_4e8b_9427_5dd4f433c73b	counter_d8d70cab_a627_4d97_b8d1_954cd8bb18ffd	Score	Response Type	Start Date (UTC)	
1	Liam	Sutherland	liam_sutherland@outlook.com				0.00	0.00		0.00	19.00	completed	2025-05-16 17:21:52
1	Brett	Donahue	tenracing@gmail.com				0.00	0.00		0.00	23.00	completed	2025-05-16 12:53:13
1	Steve	Barkham	sbplumbgas@yahoo.com				0.00	0.00		0.00	17.00	completed	2025-02-02 22:14:51
1	stuart	moore	stuart@smrcomponents.com				0.00	0.00		0.00	16.00	completed	2025-02-01 19:57:51
1	Pearltry	Suen	pearltrysuen@gmail.com				0.00	0.00		0.00	18.00	completed	2025-01-26 12:32:37
0	Mike	Harding	mikeh@lrb.co.uk				0.00	0.00		0.00	16.00	completed	2025-01-25 19:40:58
1	luke	coupe	lukecoupe89@gmail.com				0.00	0.00		0.00	23.00	completed	2025-01-25 17:45:26
1	Lisa	Campbell	lisa@raceandroad.com.au				0.00	0.00		0.00	20.00	completed	2025-01-22 23:26:49
1	Adam	Redding	addrredding@yahoo.co.uk				0.00	0.00		0.00	21.00	completed	2025-01-19 19:14:28

Stage Date (UTC)	Submit Date (UTC)	Network ID	Tags	Ending
2025-05-16 17:23:38	2025-05-16 17:23:38	c58333dc31	💡 Your Sleep Habits Are Sabotaging Your Performance!	Your current sleep habits may be holding you back more than you realise. Fatigue, slower reaction times, and inconsistency can all stem from poor rest.
2025-05-16 12:55:01	2025-05-16 12:55:01	a83cfa643a	💡 "Your Sleep Habits Have Room for Improvement!"	You're on the right track, but a few small tweaks can make a big difference. Better sleep can improve reaction times, focus, and consistency on race weekends.
2025-02-02 22:16:59	2025-02-02 22:16:59	51cda9efc2	💡 Your Sleep Habits Are Sabotaging Your Performance!	Your current sleep habits may be holding you back more than you realise. Fatigue, slower reaction times, and inconsistency can all stem from poor rest.
2025-02-01 19:59:44	2025-02-01 19:59:44	fe1ee132ae	💡 Your Sleep Habits Are Sabotaging Your Performance!	Your current sleep habits may be holding you back more than you realise. Fatigue, slower reaction times, and inconsistency can all stem from poor rest.
2025-01-26 12:34:34	2025-01-26 12:34:34	0a9d254e86	💡 Your Sleep Habits Are Sabotaging Your Performance!	Your current sleep habits may be holding you back more than you realise. Fatigue, slower reaction times, and inconsistency can all stem from poor rest.
2025-01-25 19:43:32	2025-01-25 19:43:32	54bf5fa186	💡 Your Sleep Habits Are Sabotaging Your Performance!	Your current sleep habits may be holding you back more than you realise. Fatigue, slower reaction times, and inconsistency can all stem from poor rest.
2025-01-25 17:47:15	2025-01-25 17:47:15	8ea7694bf9	💡 "Your Sleep Habits Have Room for Improvement!"	You're on the right track, but a few small tweaks can make a big difference. Better sleep can improve reaction times, focus, and consistency on race weekends.
2025-01-22 23:27:50	2025-01-22 23:27:50	6a47a0e651	💡 "Your Sleep Habits Have Room for Improvement!"	You're on the right track, but a few small tweaks can make a big difference. Better sleep can improve reaction times, focus, and consistency on race weekends.
2025-01-19 19:17:44	2025-01-19 19:17:44	131a1c1620	💡 "Your Sleep Habits Have Room for Improvement!"	You're on the right track, but a few small tweaks can make a big difference. Better sleep can improve reaction times, focus, and consistency on race weekends.