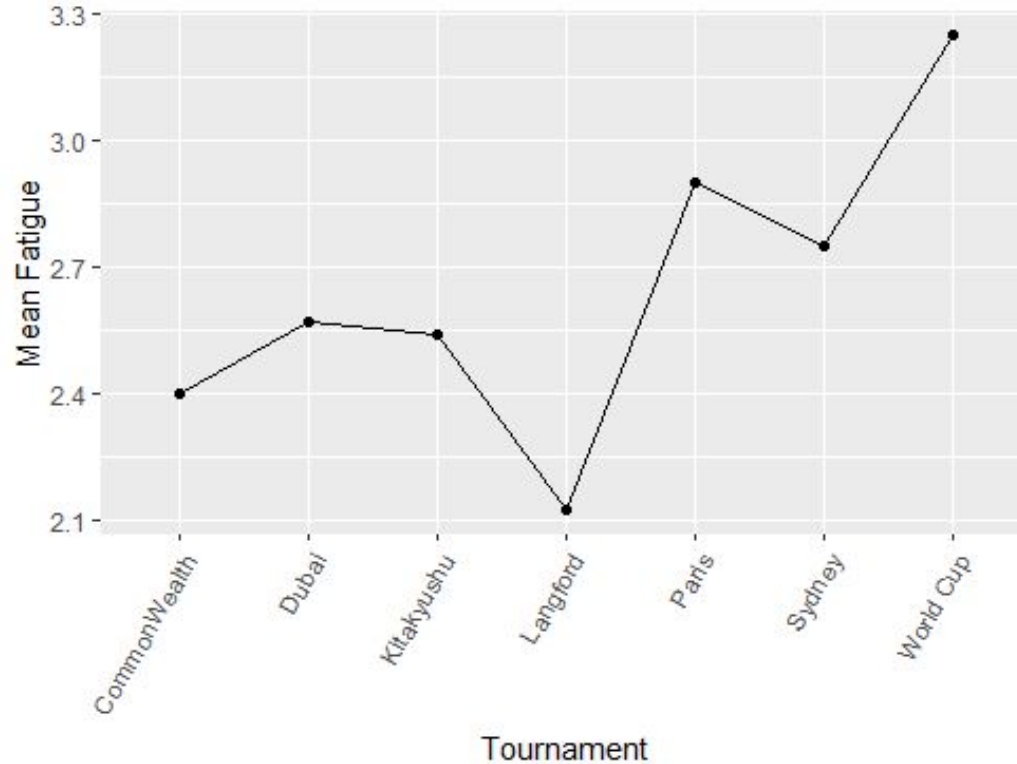


Impact of Sleep and Tournament Outcome on Self-Reported Fatigue

Fatigue against Dates



Quality of Sleep vs Tournament Outcome

Higher SleepQuality avg occurs in tournaments where the team won: Dubai, Sydney:

```
> mean(dubai_sleep$SleepQuality)
```

```
[1] 3.5
```

```
> mean(syd_sleep$SleepQuality)
```

```
[1] 3.361702
```

Lower averages of sleep quality predicted a tournament loss in Kitakyushu

```
> mean(kika_sleep$SleepQuality)
```

```
[1] 3.25
```