**Table 1.** Values (mean ± SD) for the measured sleep variables in control (CONTROL), training (TRAIN) and match (MATCH) trials.

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| --- | --- | --- | --- |
| **Sleep Indices** | **CONTROL** | **TRAIN** | **MATCH** |
| **Total Sleep Time**  **(h:mm)** | 8:46 ± 1:03 | 8:01 ± 1:17^ | 6:03 ± 1:51# |
| **Sleep Efficiency**  **(%)** | 85.3 ± 7.2 | 82.1 ± 8.9^ | 74.4 ± 10.1# |
| **Sleep Latency**  **(h:mm)** | 27.5 ± 34.7 | 38.5 ± 29.3 | 67.0 ± 51.9# |
| **Total Time in Bed**  **(h:mm)** | 10:36 ± 2:09 | 9:56 ± 1:48^ | 8:22 ± 2:16# |
| **Sleep Onset Time**  **(time of day)** | 23:39pm ± 1:37 | 23:22pm ± 1:26 | 24:25pm ± 1:37 |
| **Wake Time**  **(time of day)** | 07:34am ± 1:06 | 08:22am ± 1:32^ | 07:17am ± 0:37# |
| # Significant difference to CONTROL (p < 0.05)  ^ Significant difference to MATCH (p < 0.05) | | | |