

Supplementary Table A. Descriptive statistics (median and interquartile range) and percentage distribution of the Pittsburgh Sleep Quality Index (PSQI) items for male and female athletes.

<i>PSQI Items</i>	Male (n = 108)	Female (n = 371)
1. During the past two weeks, when have you usually gone to bed at night? (hrs:min)	22:00 (21:30-22:30)	22:00 (21:30-22:30)
2. During the past two weeks, how long has it usually taken you to fall asleep each night? (min)	15 (10-30)	15 (10-30)
3. During the past two weeks, when have you usually gotten up in the morning? (hrs:min)	06:30 (05:30-07:00)	07:00 (06:00-07:30)
4. During the past two weeks, how many hours of actual sleep did you get at night? (hours)	7.75 (7- 8)	8 (7-8.5)
5. During the past two weeks, how often have you had trouble sleeping because:		
• Cannot get to sleep within 30 minutes		
None during the past two weeks (%)	36.1	26.4
Less than once a week (%)	29.6	29.9
Once or twice a week (%)	29.6	27.8
Three or more times a week (%)	4.6	15.9
• Wake up in the middle of the night or early morning		
None during the past two weeks (%)	28.7	20.5
Less than once a week (%)	25.9	22.9
Once or twice a week (%)	25.9	31
Three or more times a week (%)	19.4	25.6
• Have to get up to use the bathroom		
None during the past two weeks (%)	27.8	35
Less than once a week (%)	24.1	20.2
Once or twice a week (%)	21.3	21.8
Three or more times a week (%)	26.9	22.9
• Cannot breathe comfortably		
None during the past two weeks (%)	90.7	86.5
Less than once a week (%)	3.7	8.9
Once or twice a week (%)	2.8	2.7
Three or more times a week (%)	2.8	1.9
• Cough or snore loudly		
None during the past two weeks (%)	75	79.8
Less than once a week (%)	9.3	11.6
Once or twice a week (%)	11.1	5.7
Three or more times a week (%)	4.6	3
• Feel too cold		
None during the past two weeks (%)	65.7	57.7
Less than once a week (%)	25	26.4
Once or twice a week (%)	7.4	12.9
Three or more times a week (%)	1.9	3
• Feel too hot		
None during the past two weeks (%)	44.4	38.8

Sleep quality in elite athletes: normative values, reliability and understanding contributors to poor sleep, Sports Medicine, Shona L. Halson, Rich D. Johnston, Renee N. Appaneal, Margot A. Rogers, Liam A. Toohey, Michael K. Drew, Charli Sargent, Gregory D. Roach. School of Behavioural and Health Sciences, Australian Catholic University; shona.halson@acu.edu.au

Less than once a week (%)	29.6	29.9
Once or twice a week (%)	18.5	24.8
Three or more times a week (%)	7.4	6.5
• Had bad dreams		
None during the past two weeks (%)	67.6	57.1
Less than once a week (%)	24.1	25.9
Once or twice a week (%)	5.6	14
Three or more times a week (%)	2.8	3
• Have pain		
None during the past two weeks (%)	70.4	70.6
Less than once a week (%)	15.7	18.6
Once or twice a week (%)	9.3	7.5
Three or more times a week (%)	4.6	3.2
• Other reasons that have caused issues		
No issue reported	88	93.3
Issue reported	12	6.7
• How often during the past two weeks have you had trouble sleeping because of this?		
None during the past two weeks (%)	15.4	8
Less than once a week (%)	30.7	24
Once or twice a week (%)	23.1	28
Three or more times a week (%)	30.7	40
6. During the past two weeks, how would you rate your overall sleep quality		
Very good (%)	21.3	16.7
Fairly good (%)	69.4	69.8
Fairly bad (%)	8.3	11.9
Very bad (%)	0.9	1.6
7. During the past two weeks, how often have you taken medication to help you sleep		
None during the past two weeks	85.2	92.2
Less than once a week	10.2	3.8
Once or twice a week	2.8	2.7
Three or more times a week	1.9	1.3
8. During the past two weeks, how often have you had trouble staying awake while driving, eating meals, or engaging in social activities?		
None during the past two weeks (%)	67.6	57.7
Less than once a week (%)	20.4	21.3
Once or twice a week (%)	11.1	17.5
Three or more times a week (%)	0.9	3.5
9. During the past two weeks, how much has it been a problem for you to keep up enough enthusiasm to get things done?		
No problem at all (%)	44.4	34.8
Only a very slight problem (%)	43.5	46.6

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Somewhat of a problem (%)	10.2	15.6
A very big problem (%)	1.9	3
10. If you have a roommate or bed partner, ask him or her, how often in the past two weeks have you had:		
• Loud snoring		
None during the past two weeks (%)	70.6	76.5
Less than once a week (%)	17.6	15.3
Once or twice a week (%)	5.9	5.9
Three or more times a week (%)	5.9	2.4
• Long pauses between breaths while asleep		
None during the past two weeks (%)	88.2	92.9
Less than once a week (%)	2	4.7
Once or twice a week (%)	7.8	1.2
Three or more times a week (%)	2	1.2
• Legs twitching or jerking while you sleep		
None during the past two weeks (%)	25.5	38.8
Less than once a week (%)	21.6	21.2
Once or twice a week (%)	19.6	15.3
Three or more times a week (%)	33.3	24.7
• Episodes of disorientation or confusions during sleep		
None during the past two weeks (%)	80.4	77.6
Less than once a week (%)	13.7	10.6
Once or twice a week (%)	5.9	9.4
Three or more times a week (%)	0	2.4
• Other restlessness while you sleep please describe		
None during the past two weeks (%)	76.5	62.4
Less than once a week (%)	9.8	16.5
Once or twice a week (%)	11.8	10.6
Three or more times a week (%)	2	10.6

PSQI Items are scored and summed to form the seven components of the PSQI.

Supplementary Table B. Descriptive statistics (median and interquartile range) and percentage distribution of the Pittsburgh Sleep Quality Index (PSQI) items for team and individual sport athletes.

<i>PSQI Items</i>	Team sport (n = 298)	Individual sports (n = 181)
1. During the past two weeks, when have you usually gone to bed at night? (hrs:min)	22:00 (22:00-22:30)	22:00 (21:30-22:30)
2. During the past two weeks, how long has it usually taken you to fall asleep each night? (min)	20 (10 to 30)	15 (10 to 28)
3. During the past two weeks, when have you usually gotten up in the morning? (hrs:min)	07:00 (06:30-07:30)	06:00 (05:00-07:00)
4. During the past two weeks, how many hours of actual sleep did you get at night? (hours)	8 (7.5 to 9)	7.5 (7 to 8)
5. During the past two weeks, how often have you had trouble sleeping because:		
• Cannot get to sleep within 30 minutes		
None during the past two weeks (%)	24.2	35.9
Less than once a week (%)	32.2	26
Once or twice a week (%)	28.9	27.1
Three or more times a week (%)	14.8	11
• Wake up in the middle of the night or early morning		
None during the past two weeks (%)	19.1	27.6
Less than once a week (%)	24.2	22.7
Once or twice a week (%)	29.2	30.9
Three or more times a week (%)	27.5	18.8
• Have to get up to use the bathroom		
None during the past two weeks (%)	31.5	36.5
Less than once a week (%)	22.8	18.8
Once or twice a week (%)	22.5	20.4
Three or more times a week (%)	23.2	24.9
• Cannot breathe comfortably		
None during the past two weeks (%)	87.2	87.8
Less than once a week (%)	9.1	5.5
Once or twice a week (%)	2.3	3.3
Three or more times a week (%)	1.3	3.3
• Cough or snore loudly		
None during the past two weeks (%)	77.5	80.7
Less than once a week (%)	12.1	9.4
Once or twice a week (%)	7.4	6.1
Three or more times a week (%)	3	3.9
• Feel too cold		
None during the past two weeks (%)	56.7	64.1
Less than once a week (%)	27.5	23.8
Once or twice a week (%)	13.4	8.8
Three or more times a week (%)	2.3	3.3
• Feel too hot		

None during the past two weeks (%)	37.2	44.8
Less than once a week (%)	31.5	27.1
Once or twice a week (%)	25.8	19.3
Three or more times a week (%)	5.4	8.8
• Had bad dreams		
None during the past two weeks (%)	56.4	64.6
Less than once a week (%)	25.5	25.4
Once or twice a week (%)	14.1	8.8
Three or more times a week (%)	4	1.1
• Have pain		
None during the past two weeks (%)	69.1	72.9
Less than once a week (%)	18.5	17.1
Once or twice a week (%)	8.4	7.2
Three or more times a week (%)	4	2.8
• Other reasons that have caused issues		
No issue reported	93.3	90.1
Issue reported	6.7	9.9
• How often during the past two weeks have you had trouble sleeping because of this?		
None during the past two weeks (%)	15	5.6
Less than once a week (%)	26.7	33.3
Once or twice a week (%)	40	22.2
Three or more times a week (%)	46.7	38.8
6. During the past two weeks, how would you rate your overall sleep quality		
Very good (%)	14.1	23.8
Fairly good (%)	74.2	62.4
Fairly bad (%)	10.7	11.6
Very bad (%)	1	2.2
7. During the past two weeks, how often have you taken medication to help you sleep		
None during the past two weeks	89.9	91.7
Less than once a week	5.7	4.4
Once or twice a week	3.7	1.1
Three or more times a week	0.7	2.8
8. During the past two weeks, how often have you had trouble staying awake while driving, eating meals, or engaging in social activities?		
None during the past two weeks (%)	58.4	62.4
Less than once a week (%)	19.5	23.8
Once or twice a week (%)	19.1	11
Three or more times a week (%)	3	2.8
9. During the past two weeks, how much has it been a problem for you to keep up enough enthusiasm to get things done?		

No problem at all (%)	33.9	42
Only a very slight problem (%)	48	42.5
Somewhat of a problem (%)	14.8	13.8
A very big problem (%)	3.4	1.7
10. If you have a roommate or bed partner, ask him or her, how often in the past two weeks have you had:		
• Loud snoring		
None during the past two weeks (%)	73.5	75.5
Less than once a week (%)	16.9	15.1
Once or twice a week (%)	6	5.7
Three or more times a week (%)	3.6	3.8
• Long pauses between breaths while asleep		
None during the past two weeks (%)	90.4	92.5
Less than once a week (%)	3.6	3.8
Once or twice a week (%)	4.8	1.9
Three or more times a week (%)	1.2	1.9
• Legs twitching or jerking while you sleep		
None during the past two weeks (%)	33.7	34
Less than once a week (%)	22.9	18.9
Once or twice a week (%)	14.5	20.8
Three or more times a week (%)	28.9	26.4
• Episodes of disorientation or confusions during sleep		
None during the past two weeks (%)	72.3	88.7
Less than once a week (%)	14.5	7.5
Once or twice a week (%)	10.8	3.8
Three or more times a week (%)	2.4	0
• Other restlessness while you sleep please describe		
None during the past two weeks (%)	65.1	71.7
Less than once a week (%)	16.9	9.4
Once or twice a week (%)	10.8	11.3
Three or more times a week (%)	7.2	7.5

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PSQI Items are scored and summed to form the seven components of the PSQI.