



SLEEP IS FOR THE WEAK!

ARTISTS (ANNE THUN, CAGLA YILDIZ, SANDRA MAY)



CONVENTIONAL WISDOM

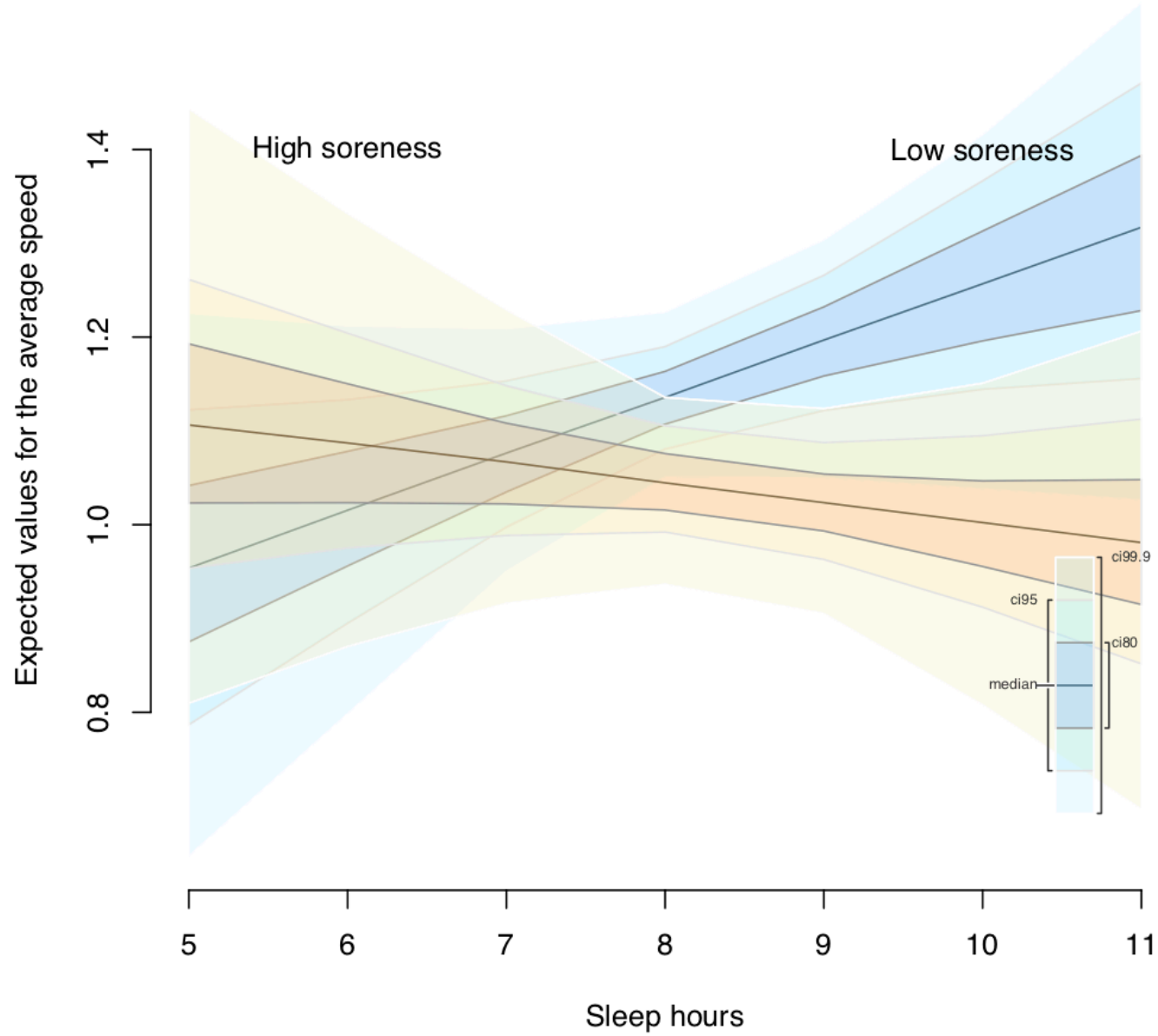
Sleep enhances performance

Work harder under pressure

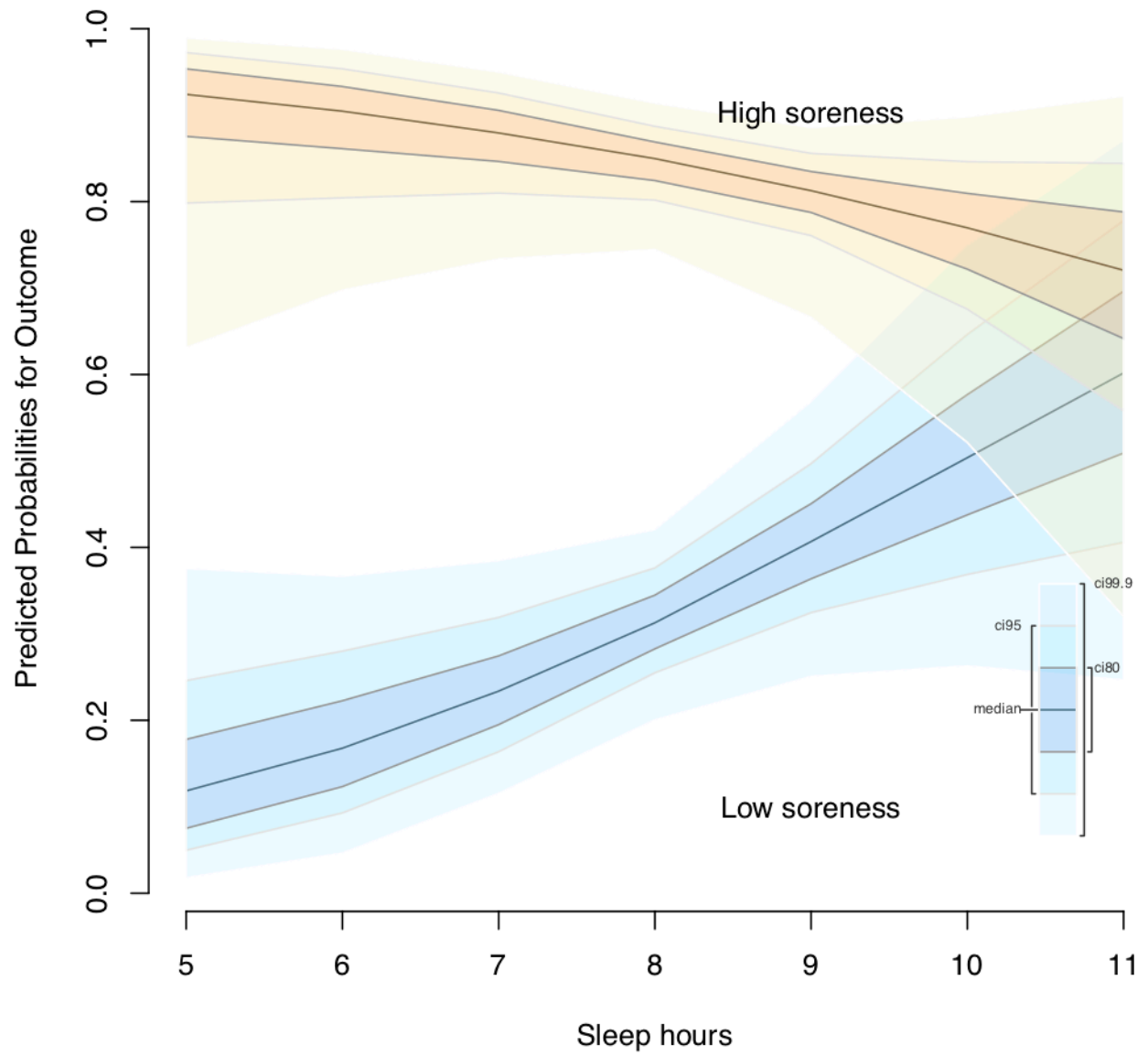
What determines
fatigue?

Soreness

Effect sleep hours and soreness on the average speed (m/s) for every player per game



Effect sleep hours and soreness on the outcome of the game





PUSH YOUR PLAYERS!