**Title:** COVID-19 lockdowns: a worldwide survey of circadian rhythms and sleep quality in 3911 athletes from 49 countries with data-driven recommendations.

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**\* Corresponding author**

Mohamed Romdhani

High Institute of Sport and Physical Education, Ksar-Said, Manouba University, Manouba, Tunisia.

E-Mail: [romdhaniroma@gmail.com](mailto:romdhaniroma@gmail.com)

Tel: + 216 21 860 836

<https://orcid.org/0000-0002-1715-1863>

**Online Supplemental material; File 3**

**Table 1: ANOVA main effects’ output for sleep and training parameters.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lockdown** | | | **Sex** | | | **Level of practice** | | | | **Sport type** | | | **Age** | | |
|  | F(1, 7820) | p | η2 | F(1, 7740) | p | η2 | F(1, 7740) | p | η2 | | F(1, 7740) | p | η2 | F(1, 7740) | p | η2 |
| **PSQI** | 271.84 | <0.001 | 0.03 | 121.7 | <0.001 | 0.07 | 4.38 | =0.036 | 0.01 | | 11.53 | <0.001 | 0.01 | 28.97 | <0.001 | 0.01 |
| **ISI** | 341.35 | <0.001 | 0.04 | 51.41 | <0.001 | 0.07 | 13.91 | <0.001 | 0.02 | | 81.25 | <0.001 | 0.01 | 35.88 | <0.001 | 0.09 |
| **Bedtime** | 815.12 | <0.001 | 0.09 | 71.35 | <0.001 | 0.09 | 9.76 | <0.001 | 0.01 | | 15.99 | <0.001 | 0.01 | 58.09 | <0.001 | 0.01 |
| **Wake-up time** | 2829 | <0.001 | 0.27 | 45.26 | <0.001 | 0.02 | 55.81 | <0.001 | 0.01 | | *NS* | | | 114.3 | <0.001 | 0.03 |
| **TST** | 677.56 | <0.001 | 0.09 | 17.33 | <0.001 | 0.01 | 73.31 | <0.001 | 0.02 | | *NS* | | | 72.81 | <0.001 | 0.02 |
| **TIB** | 518.9 | <0.001 | 0.06 | *NS* | | | *NS* | | | | *NS* | | | 30.74 | <0.001 | 0.01 |
| **SE** | 167.19 | <0.001 | 0.02 | 8.63 | =0.003 | 0.01 | 8.69 | =0.003 | 0.01 | | 5.33 | 0.021 | 0.01 | *NS* | | |
| **SOL** | 746.65 | <0.001 | 0.09 | 90.95 | <0.001 | 0.02 | *NS* | | | | *NS* | | | *NS* | | |
| **Nap frequency** | 91.38 | <0.001 | 0.01 | 3.93 | 0.047 | 0.01 | 4.36 | 0.037 | 0.01 | | 9.01 | =0.003 | 0.01 | 12.62 | <0.001 | 0.01 |
| **Nap duration** | 169.69 | <0.001 | 0.02 | *NS* | | | *NS* | | | | 18.96 | <0.001 | 0.02 | 28.63 | <0.001 | 0.01 |
| **Nap timing** | 10.93 | <0.001 | 0.01 | *NS* | | | *NS* | | | | 6.61 | 0.010 | 0.01 | 16.71 | <0.001 | 0.01 |
| **24h sleep duration** | 301.1 | <0.001 | 0.04 | 8.31 | <0.001 | 0.01 | 10.99 | <0.001 | | 0.01 | *NS* | | | 58.51 | <0.001 | 0.01 |
| **Preferred training TOD** | 8.23 | 0.004 | 0.01 | 51.89 | <0.001 | 0.03 | 7.46 | 0.006 | 0.01 | | 24.62 | <0.001 | 0.03 | 15.74 | <0.001 | 0.02 |
| **Weekly training** | 959.01 | <0.001 | 0.11 | *NS* | | | 512.95 | <0.001 | 0.06 | | 10.68 | <0.001 | 0.01 | 65.57 | <0.001 | 0.02 |
| **Body mass** | 9.16 | =0.002 | 0.01 | 955 | <0.001 | 0.12 | *NS* | | | | *NS* | | | 177.9 | <0.001 | 0.04 |
| **Meals** | 6.51 | =0.011 | 0.01 | 6.47 | =0.011 | 0.01 | *NS* | | | | 65.66 | <0.001 | 0.09 | 3.48 | =0.031 | 0.01 |
| **Eat after midnight** | 120.8 | <0.001 | 0.02 | 19.39 | <0.001 | 0.01 | 9.35 | =0.002 | 0.01 | | 14.45 | <0.001 | 0.01 | 14.55 | <0.001 | 0.01 |
| **Caffeinated beverages** | 26.14 | <0.001 | 0.03 | *NS* | | | *NS* | | | | *NS* | | | *NS* | | |
| **Alcoholic beverages** | 6.58 | =0.01 | 0.01 | 15.13 | <0.001 | 0.01 | 49.24 | <0.001 | 0.01 | | *NS* | | | 51.59 | <0.001 | 0.02 |
| **Cigarettes smoked** | 3.83 | =0.041 | 0.01 | 108.9 | <0.001 | 0.03 | *NS* | | | | *NS* | | | 43.79 | <0.001 | 0.02 |

**ISI**: Insomnia Severity Index, **NS**: Non-significant main effect, **PSQI**: Pittsburgh Sleep Quality Index, **SE**: Sleep efficiency, **SOL**: Sleep Onset Latency, **TST**: Total Sleep Time, **η2**: Eta Squared.

**Table 2: Output of ANOVA interaction of each main effect with lockdown for sleep and training parameters.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lockdown \* Sex** | | | **Lockdown \* Level of practice** | | | **Lockdown \* Sport type** | | | | | | **Lockdown \* Age** | | |
|  | F(2, 7739) | p | η2 | F(2, 7739) | p | η2 | F(2, 7739) | p | | | η2 | F(2, 7739) | | p | η2 |
| **PSQI** | *NS* | | | 8.59 | 0.003 | 0.01 | 6.61 | 0.010 | | | 0.01 | 26.98 | | <0.001 | 0.07 |
| **ISI** | 4.21 | 0.040 | 0.01 | *NS* | | | 14.91 | <0.001 | | | 0.01 | 7.17 | | <0.001 | 0.01 |
| **Bedtime** | *NS* | | | 20.59 | <0.001 | 0.03 | 49.46 | <0.001 | | | 0.06 | 9.88 | | <0.001 | 0.01 |
| **Wake-up time** | *NS* | | | *NS* | | | 27.14 | <0.001 | | | 0.02 | 11.12 | | <0.001 | 0.01 |
| **TST** | *NS* | | | *NS* | | | *NS* | | | | | 6.43 | | 0.002 | 0.01 |
| **TIB** | *NS* | | | *NS* | | | *NS* | | | | | 4.24 | | 0.014 | 0.01 |
| **SE** | 6.28 | 0.012 | 0.01 | *NS* | | | *NS* | | | | | *NS* | | | |
| **SOL** | 40.32 | <0.001 | 0.01 | *NS* | | | *NS* | | | | | *NS* | | | |
| **Nap frequency** | *NS* | | | *NS* | | | *NS* | | | | | 6.69 | | <0.001 | 0.01 |
| **Nap duration** | *NS* | | | *NS* | | | *NS* | | | | | 3.11 | | 0.045 | 0.01 |
| **Nap timing** | *NS* | | | 11.21 | <0.001 | 0.01 | 5.82 | 0.016 | | | 0.01 | *NS* | | | |
| **24h sleep duration** | *NS* | | | *NS* | | | *NS* | | | | | *NS* | | | |
| **Weekly trainings** | 5.14 | 0.023 | 0.01 | 17.76 | <0.001 | 0.01 | *NS* | | | | | *NS* | | | |
| **Preferred training TOD** | *NS* | | | 4.58 | 0.032 | 0.01 | *NS* | | | | | *NS* | | | |
| **Body mass** | *NS* | | | *NS* | | | *NS* | | | | | *NS* | | | |
| **Meals** | *NS* | | | *NS* | | | *NS* | | | | | *NS* | | | |
| **Eat after midnight** | *NS* | | | *NS* | | | 8.06 | | =0.005 | 0.01 | | *NS* | | | |
| **Caffeinated beverages** | *NS* | | | *NS* | | | *NS* | | | | | *NS* | | | |
| **Alcoholic beverages** | *NS* | | | *NS* | | | *NS* | | | | | *NS* | | | |
| **Cigarettes smoked** | *NS* | | | *NS* | | | *NS* | | | | | *NS* | | | |

**ISI**: Insomnia Severity Index, **NS**: Non-significant interaction, **PSQI**: Pittsburgh Sleep Quality Index, **SE**: Sleep efficiency, **SOL**: Sleep Onset Latency, **TOD:** Training time of day**, TST**: Total Sleep Time, **η2**: Eta Squared.