

Score Index	Estimates	95% CI	p-value
Recovery Index	-0.16	-0.29 – -0.03	0.015
Restfulness Score	0.41	0.13-0.68	0.004
Sleep Score	-0.94	-1.29 - -0.59	<0.001
Readiness Score	-0.25	-0.65 – 0.14	0.207
Sleep Timing Score	0.39	0.26-0.52	<0.001