



Behöver vi vara ned efter träning/match?

Referenser:

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2. Grier, Tyson et al. "Sleep duration and musculoskeletal injury incidence in physically active men and women: A study of U.S. Army Special Operation Forces soldiers." *Sleep health* vol. 6,3 (2020): 344-349. doi:10.1016/j.sleh.2020.01.004
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