



# Vilken effekt har en tupplur innan match?

## Referenser

Mesas, Arthur Eumann et al. "Is daytime napping an effective strategy to improve sport-related cognitive and physical performance and reduce fatigue? A systematic review and meta-analysis of randomised controlled trials." *British journal of sports medicine*, bjsports-2022-106355. 23 Jan. 2023, doi:10.1136/bjsports-2022-106355