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Procedures

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Stanford Sleepiness Scale

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Melatonin/placebo administration

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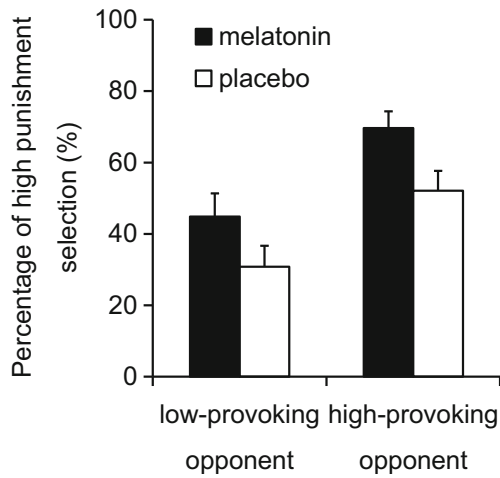


Fig. 3

$F(1,60) = 46.44, p < 0.001, \eta^2 = 0.60$,
 $F(2,60) = 13.370, p < 0.001, \eta^2 = 0.30$.
 $F(1,60) = 3.31, p = 0.052, \eta^2 = 0.061$,
 $F(1,60) = 40.624, p < 0.001, \eta^2 = 0.404$,
 $F(1,60) = 4.3, p = 0.040, \eta^2 = 0.06$.
 $t(61) = 2.476, p = 0.016$,
 $t(61) = 0.65, p = 0.513$.
 $r = -0.15, p = 0.12$.
 $p = 0.001$ ($F = 1$).
 $(p = 0.237, 0.0)$,
 $(p = 0.72, 0.355)$.

Table 1

	low-provoking opponent	high-provoking opponent
(n)	14/177	54/116
(%)	4.3/5.1	11.6/6.0
	75/157	17/11
	4.6/4.4	11.6/1.0
	0/125	57/144
	76/137	12/14
	3.7/4.1	5.3/3.4
	4/5.4	7.0/4.3

$F(1,60) = 20,000, p < 0.001, \eta^2 = 0.25$,
 $(F(1,60) = 20,000, p < 0.001, \eta^2 = 0.25)$.
 $(-0.0034, 0.0005, 5\%)$,
 $(-0.0507, 0.0104)$.

Sleepiness

$F(1,60) = 3.31, p = 0.052, \eta^2 = 0.061$,
 $F(1,60) = 40.624, p < 0.001, \eta^2 = 0.404$,
 $F(1,60) = 4.3, p = 0.040, \eta^2 = 0.06$.
 $t(61) = 2.476, p = 0.016$,
 $t(61) = 0.65, p = 0.513$.
 $r = -0.15, p = 0.12$.

$F(1,60) = 20,000, p < 0.001, \eta^2 = 0.25$,
 $(-0.0027, 0.0203, 5\%)$,
 $(-0.034, 0.044)$.

Controlling for potential contributing factors

$F(1,60) = 20,000, p < 0.001, \eta^2 = 0.25$,
 $(-0.0027, 0.0203, 5\%)$,
 $(-0.034, 0.044)$.
 $p = 0.03$ ($F = 3$).

Acknowledgments

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Compliance with ethical standards

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Funding

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Conflict of interests

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