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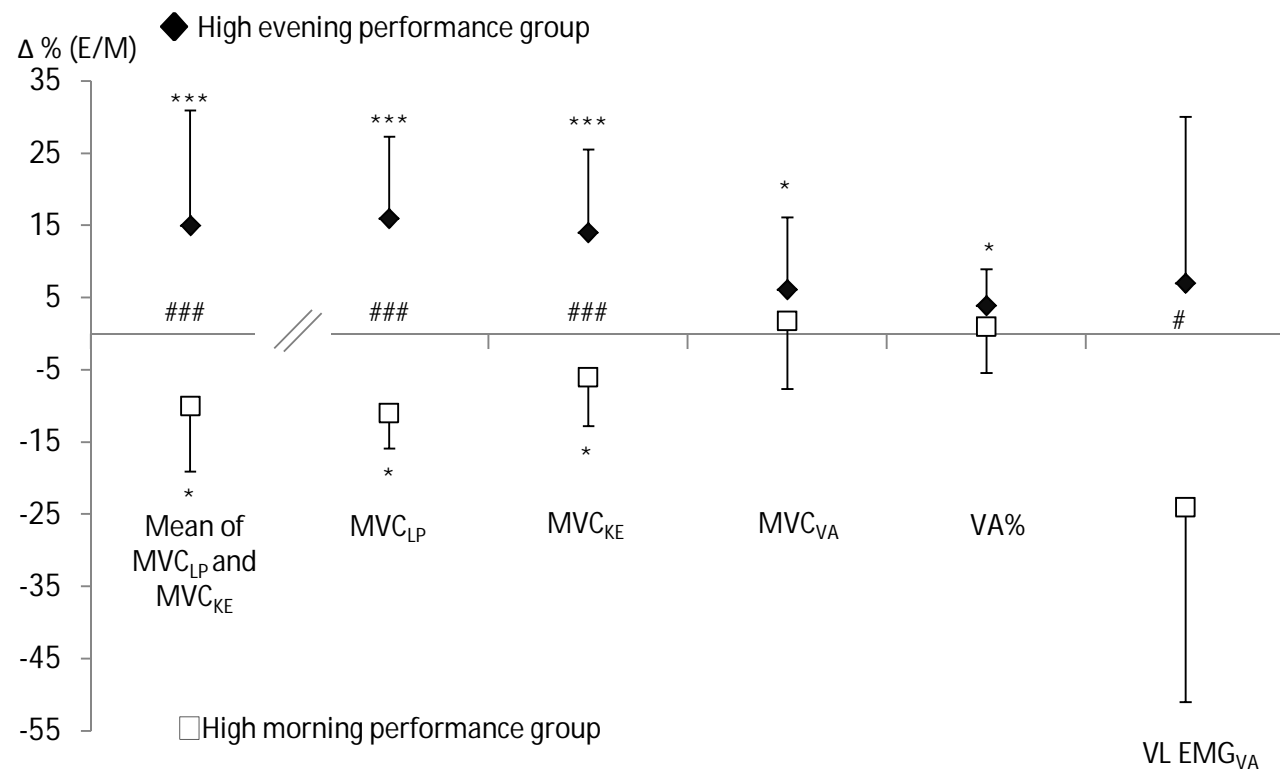


Figure 1. Morning/evening differences [ $\Delta\%$  (E/M)] in neuromuscular performance in the high evening performance group and high morning performance group. \* sign. morning/evening difference; \* < 0.05; \*\*\* < 0.001; # sign. between-group difference; # < 0.05; ### < 0.001.