



**Sample:**

156 adolescent elite athletes

150 non-athletic controls

Setting: Swiss Olympic partner schools in Northwestern Switzerland

Sex: 173 boys, 133 girls

Age: M=16.8-17.1 years

BMI: M=21.2-21.8 kg/m<sup>2</sup>

**Design:**

Cross-sectional analyses

Measures	Elite athletes	Non-athletic controls
Perceived stress	=	
Educational stress	=	
Depressive symptoms	=	
Burnout symptoms	=	
Mental toughness	=	
Sleep		Later sleep time on weekdays and weekends
Recovery-stress state	More perceived muscular stress	