

Appendix Table A1: Injury Rate (95% Confidence Interval) per Team-Game for Short, Regular, and Long Rest Categories by Player Position.

Player Position (# injuries)					
Rest Category		Quarterback (n=91)	Linemen* (n=861)	Skill† (n=1,312)	High Impact‡ (n=571)
	Short Rest	0.08 (0.04, 0.15)	0.45 (0.34, 0.58)	0.56 (0.44, 0.72)	0.16 (0.11, 0.25)
	Regular Rest	0.05 (0.04, 0.06)	0.46 (0.43, 0.50)	0.70 (0.66, 0.75)	0.31 (0.29, 0.34)
	Long Rest	0.03 (0.01, 0.06)	0.39 (0.32, 0.47)	0.63 (0.54, 0.74)	0.28 (0.22, 0.35)
	p-value	0.08	0.27	0.11	0.005

*Offensive Tackle, Guard, Center, Defensive End, Defensive Tackle

†Running Back, Wide Receiver, Cornerback, Safety

‡Linebacker, Tight End, Fullback

Appendix Table A2: Injury Rate per Team-Game (95% Confidence Interval) for Short, Regular, and Long Rest Categories by Injury Location.

Injury Location (# injuries)								
Rest Category		Concussions (n=183)	Head (n=51)	Lower Extremity (n=698)	Upper Extremity (n=195)	Pelvis (n=81)	Core (n=106)	Not Listed (n=1,526)
	Short Rest	0.08 (0.04, 0.15)	0.01 (0.00, 0.06)	0.34 (0.25, 0.45)	0.13 (0.08, 0.20)	0.04 (0.02, 0.09)	0.06 (0.03, 0.13)	0.61 (0.48, 0.78)
	Regular Rest	0.09 (0.08, 0.11)	0.03 (0.02, 0.04)	0.37 (0.34, 0.40)	0.10 (0.09, 0.12)	0.04 (0.03, 0.06)	0.06 (0.05, 0.07)	0.84 (0.79, 0.89)
	Long Rest	0.13 (0.09, 0.18)	0.02 (0.01, 0.04)	0.36 (0.29, 0.44)	0.08 (0.06, 0.13)	0.04 (0.02, 0.07)	0.05 (0.03, 0.08)	0.67 (0.57, 0.79)
	p-value	0.23	0.10	0.83	0.47	0.91	0.74	0.003