This note studies the effect of alcohol consumption on sports performance. Specifically, I look at the relationship between the alcohol consumption of two tennis players and the results of their tennis matches. Weekly data are recorded on the number of glasses consumed by both players the night before the game (primarily red wine for one of the players), and the outcome of the tennis match the following day. Also recorded are the numbers of hours slept by both players (the night before the game) as well as some other variables (inside or outside court, week of the year, etc.). Since the data are based on the same pair of players and since each weekly match was played on the same day and hour, it is likely that the effect of alcohol can be isolated in an accurate way. I regress the difference in games won by the two players on alcohol consumptions, hours slept, and other controls. It turns out that alcohol consumption does not affect the outcome of a tennis match in a statistically significant way. However, the number of hours slept does matter for the outcome: for both players this variable is significant and takes the expected sign. The research is still ongoing (new data are coming in each week) but at this stage the message seems to be: Enjoy your glass(es) of wine but try to sleep well before entering the sports arena! I also discuss the possibility of studying the topic in other sports disciplines.

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