

	A	B	C	D	E
1993 Hill [24]	1	1	1	2	1
1999 Hoffman [25]	1	1	1	2	1
2002 Cardinali [26]	1	2	1	2	1
2003 George [95]	1	2	1	2	1
2004 Richmond [27]	1	1	1	1	1
2007 Polman [28]	1	1	1	2	1
2007 Richmond [29]	1	1	2	1	1
2007 Zerguini [30]	1	2	1	0	1
2008 Coutts [31]	1	1	2	2	1
2008 Leiper [32]	1	2	0	2	1
2009 Brand [33]	1	1	2	2	1
2009 Wilson [34]	1	1	2	2	1
2010 Brand [35]	1	1	2	2	1
2010 Killen [36]	1	1	2	2	1
2010 Rice [37]	1	2	1	2	1
2011 Mah [38]	1	1	2	2	1
2012 Brink [39]	1	2	2	2	1
2012 Chamari [40]	1	1	1	2	1
2012 Herrera [41]	1	1	2	2	1
2012 Zhao [42]	1	1	2	2	1
2013 Bahnert [96]	1	1	2	2	1
2013 Beaven [43]	1	1	1	2	1
2013 Buchheit [44]	1	1	1	2	1
2013 Di Fronso [45]	1	1	2	2	1
2013 Gustin [46]	1	1	1	2	1
2013 Haddad [47]	1	1	2	2	1
2013 McNamara [48]	1	1	2	2	1
2013 Roach [49]	1	1	2	2	1
2013 Thompson [50]	1	1	2	2	1
2014 Abdelmalek [51]	1	1	1	2	1
2014 Abeln [52]	1	1	2	2	1
2014 Fowler [97]	1	0	2	2	1
2014 Robey [53]	1	1	2	2	1
2014 Tulppo [54]	1	1	1	2	1
2015 Buchheit [55]	1	1	1	2	1
2015 Fowler [97]	1	1	2	2	1
2015 Juliff [56]	1	1	2	2	1
2015 Lastella [58]	1	1	2	2	1
2015 Laux [59]	1	1	2	2	1
2015 Moreno [60]	1	0	2	2	1
2015 Noon [61]	1	1	1	2	1
2015 Shearer [62]	1	1	2	2	1
2015 Souissi [63]	1	1	1	2	1
2015 Staunton [64]	1	1	1	1	1

2015 Thorpe [65]	1	1	1	2	1
2016 Andrade [66]	1	1	2	2	1
2016 Buchheit [67]	1	1	1	2	1
2016 Dennis [68]	1	1	1	2	1
2016 Dobrosielski [98]	1	1	2	2	1
2016 Eagles [99]	1	1	2	2	1
2016 Fessi [69]	1	1	2	2	1
2016 Fowler [70]	1	1	2	2	1
2015 Fullagar [72]	1	1	1	2	1
2016 Fullagar [71]	1	1	2	2	1
2016 Fullagar [73]	1	1	1	2	1
2016 Gallo [74]	1	1	2	2	1
2016 Gouttebarger [76]	1	1	2	2	1
2016 Gouttebarger [75]	1	1	2	2	1
2016 Gouttebarger [77]	1	1	2	2	1
2017 Caia [78]	1	1	1	2	1
2017 Fowler [80]	1	1	2	2	1
2017 Fowler [79]	1	1	2	2	1
2017 Fuller [81]	1	1	2	2	1
2017 Gouttebarger [82]	1	1	2	2	1
2017 Ihsan [83]	1	1	2	2	1
2017 Jones [84]	1	1	2	2	1
2017 Kiliç [85]	1	1	2	2	1
2017 Kim [86]	1	1	1	2	1
2017 Li [87]	1	1	2	2	1
2017 O'Donnell [88]	1	1	2	2	1
2017 Pitchford [100]	1	1	1	2	1
2017 Van Ryswyk [89]	1	1	1	2	1
2017 Staunton [90]	1	1	1	2	1
2017 Thorpe [91]	1	1	1	2	1
2017 Tsunoda [92]	1	1	2	2	1
2017 Tuomilehto [93]	1	1	2	2	1
2017 Whitworth-Turner [94]	1	1	2	2	1

			Scoring		
	Criteria	Definition	0	1	2
A	Peer reviewed	Study published in peer-reviewed journal	No	Yes	-
B	Number of participants	Number of participants included in study	<5	6-30	>31
C	Population defined	Age, gender, sport, experience time was	No	Partly	Yes
D	Experimental design	Experimental design the study period was	No	Partly	Yes
E	Sleep parameters	The sleep parameters are described	No	Yes	