

Funnel Plots

The Effects of Physical Activity on Sleep: A Meta-Analytic Review

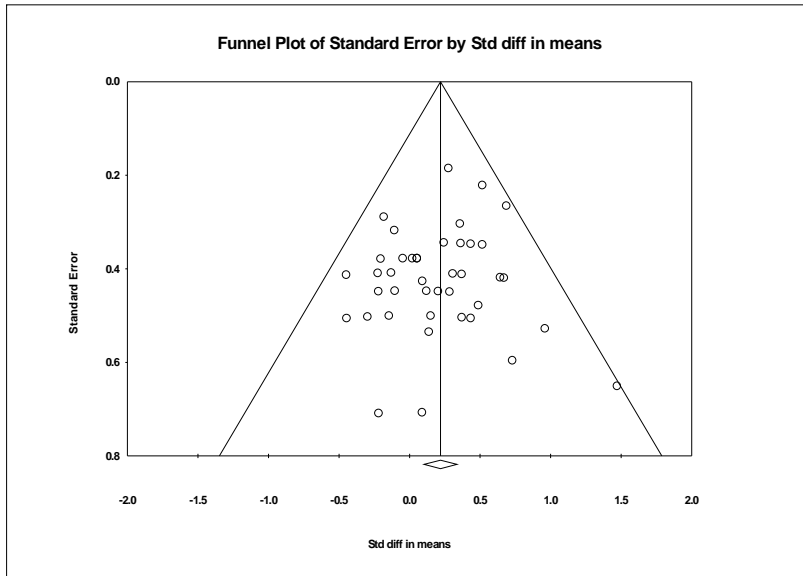
Journal of Behavioral Medicine

M. Alexandra Kredlow, Michelle C. Capozzoli, Bridget A. Hearon, Amanda W. Calkins, and Michael W. Otto

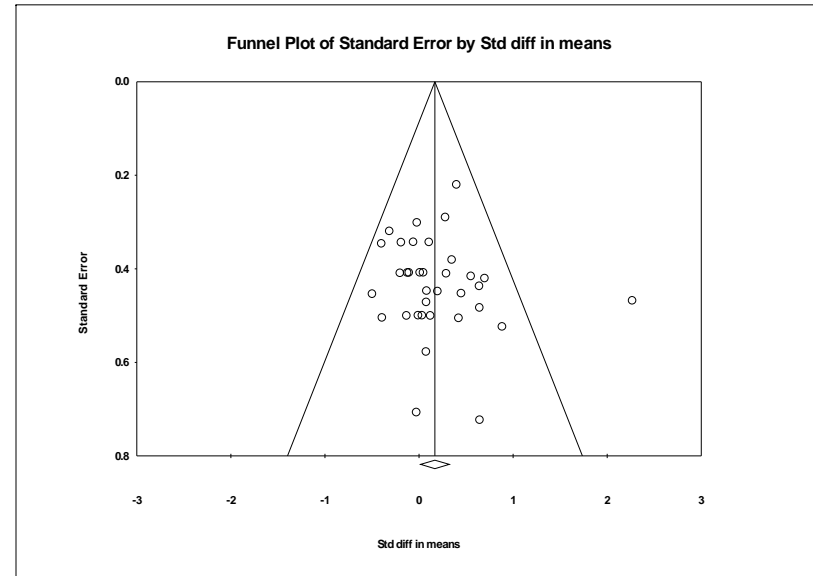
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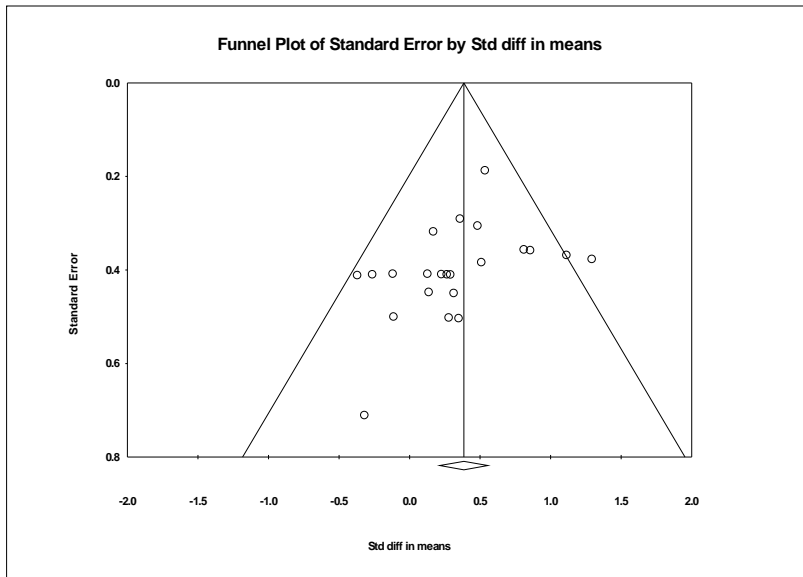
Acute Exercise: Total Sleep Time



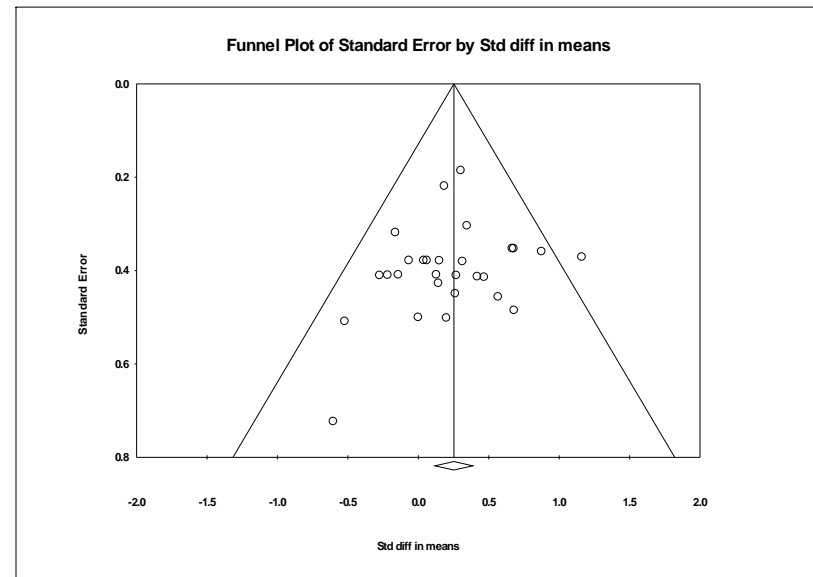
Acute Exercise: Sleep Onset Latency



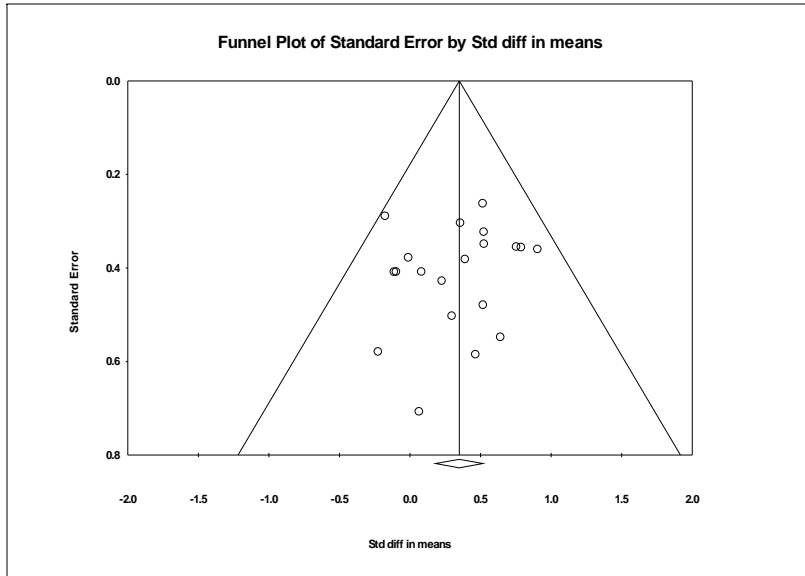
Acute Exercise: Wake Time After Sleep Onset



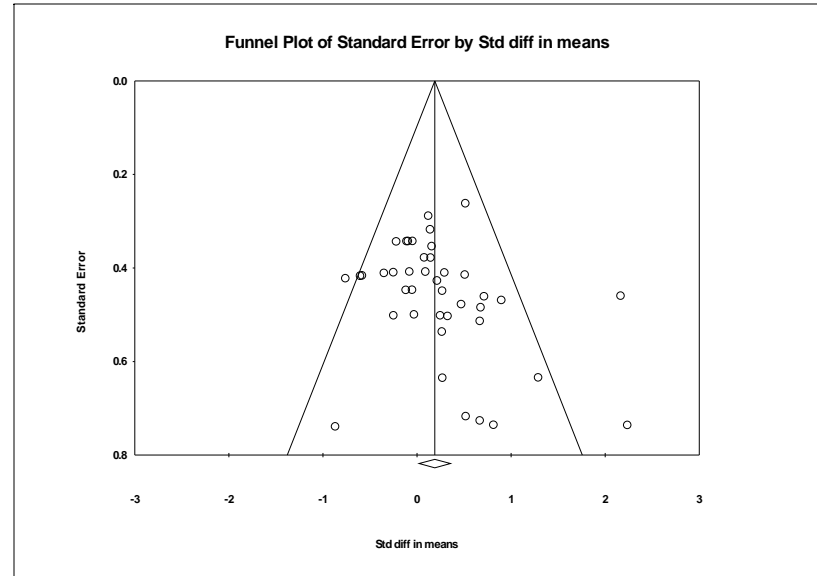
Acute Exercise: Sleep Efficiency



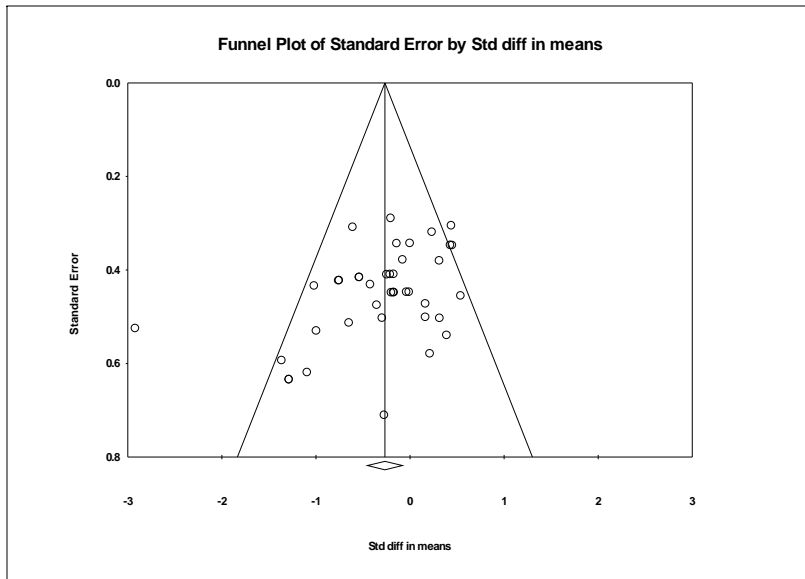
Acute Exercise: Stage 1 Sleep



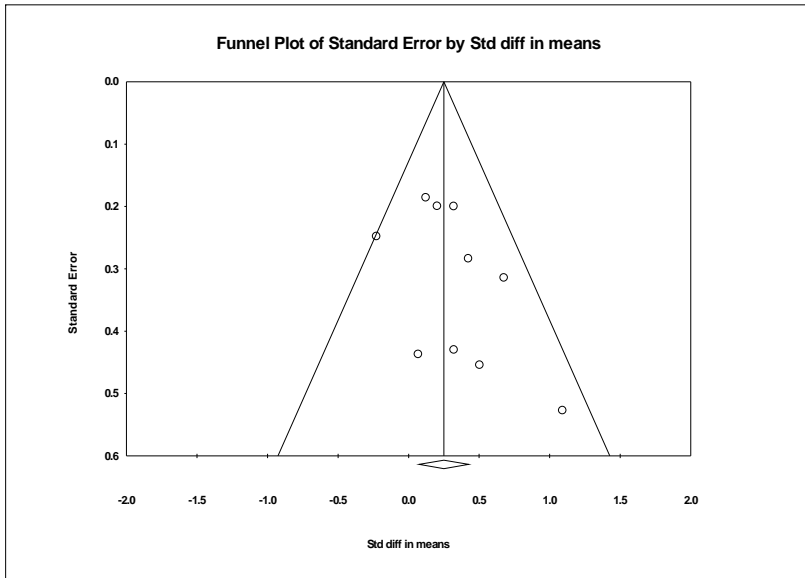
Acute Exercise: Slow Wave Sleep



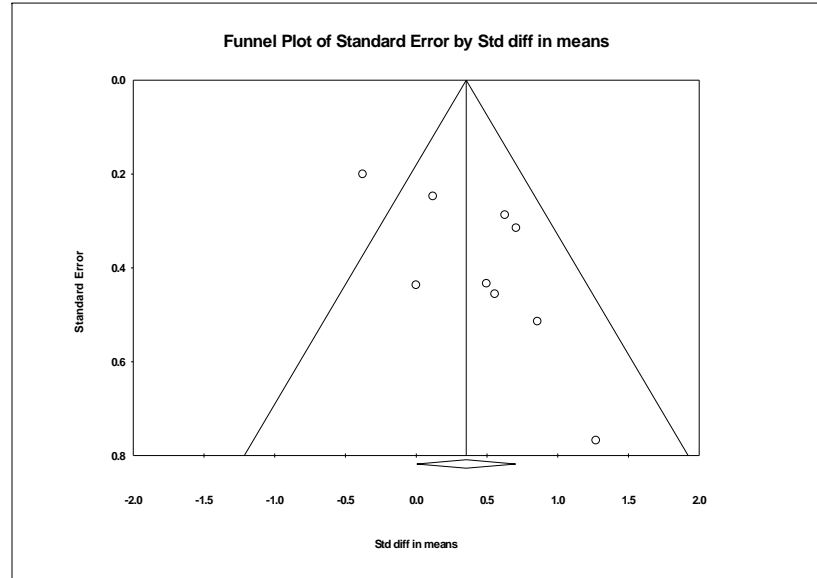
Acute Exercise: Rapid Eye Movement Sleep



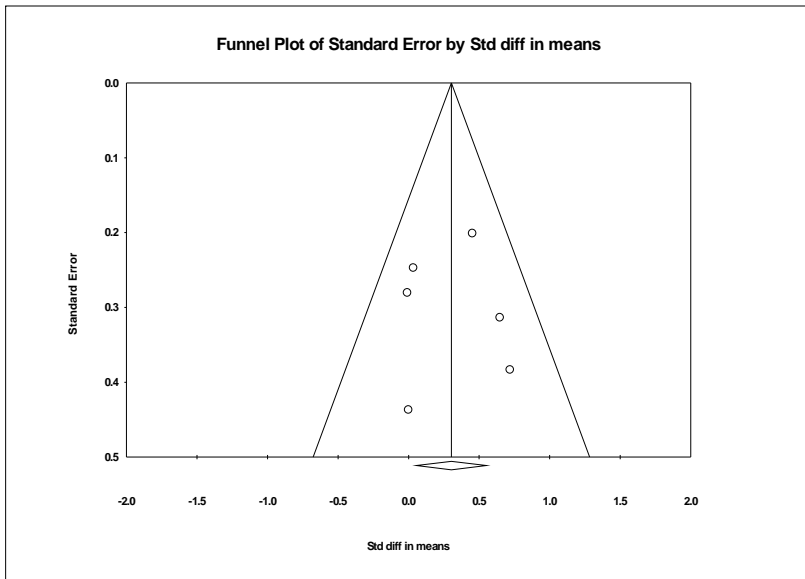
Regular Exercise: Total Sleep Time



Regular Exercise: Sleep Onset Latency



Regular Exercise: Sleep Efficiency



Regular Exercise: Sleep Quality

