

Author(s)	Year	1) Fitness level	2) Sleep history	3) First night effects	4) Counterbalancing / randomization	5) Exercise stimulus	6) Napping, caffeine, outside exercise	7) Blind scoring	8) Standard sleep scoring	9) Customary bedtimes	10) ≥ 2 experimental nights
Adamson et al.	1974	+	-	+	+	+	-	+	+	+	+
Alessi et al.	2005	+	+	+	n/a	+	?	+	+	+	+
Baekeland et al.	1966	+	-	+	+	-	+/-	?	+	+	-
Baekeland et al.	1970	+	-	-	-	-	?	+	+	?	+
Bevier et al.	1992	+	-	+	-	+	+	?	+	+	-
Browman et al.	1980	+	-	+	-	+	+	?	+	+	-
Bulckaert et al.	2011	+	+	+	+	+	+/-	+	+	+	-
Bunnell et al.	1983a	+	-	+	-	+	+	-	+	+	-
Bunnell et al.	1983b	+	-	+	-	+	+	?	+	+	-
Desjardins et al.	1974	?	?	+	+	+	?	?	?	+	-
Driver et al.	1988	+	-	+	-	+	+	+	+	+	-
Driver et al.	1994	+	-	+	-	+	+/-	+	+	+	-
Esteves et al.	2009	+	+	+	-	+	?	?	+	?	-
Flausino et al.	2012	+	+	?	+	+	+/-	?	+	+	-
Griffin & Trinder	1978	+	-	+	?	+	?	?	+	+	-
Hague et al.	2003	+	+	+	+	+	+/-	?	+	+	-
Horne et al.	1983	+	+	+	+	+	+/-	+	+	+	-
Horne et al.	1985	+	+	+	+	+	+/-	+	+	+	-
Jennings et al.	1981	+	+	+	-	+	?	?	+	+	+
Kupfer et al.	1985	+	+	+	+	+	+	+	+	+	+
Matsumoto et al.	1984	+	+	+	-	+	+	?	+	+	-
Montgomery et al.	1985	+	-	+	+	+	?	+	+	+	+
Montgomery et al. (Exp 1)	1988	+	-	+	+	-	+	+	+	+	+
Montgomery et al. (Exp 2)	1988	+	-	?	+	-	?	+	+	+	+
Montgomery et al. (Exp 3)	1988	+	-	?	+	-	?	+	+	+	+
Montmayeur et al.	1994	+	+	+	+	+	+	?	+	+	+
Morita et al.	2011	-	+	+	-	+	?	n/a	+	+	-
Myllymäki et al.	2011	+	+	-	+	+	?	?	+	+	-
Myllymäki et al.	2012	+	+	n/a	-	+	?	n/a	+	+	-
O'Conner et al.	1998	+	+	+	+	+	+	+	+	+	-
Oda et al.	2001	+	-	+	+	+	?	?	+	+	?
Passos et al.	2010	+	+	+	n/a	+	?	+	+	+	-
Paxton et al.	1982	+	-	+	-	+	?	+	+	?	-
Paxton et al.	1983	+	+	+	-	+	?	+	+	+	+
Shapiro et al.	1985	+	-	+	-	+	+/-	+	+	+	-
Trinder et al.	1982	+	-	-	-	+	?	+	+	+	-
Vein et al.	1991	+	-	+	-	+	?	?	+	+	-
Viana et al.	2012	+	-	-	n/a	+	+/-	?	+	+	-
Walker et al.	1978	+	-	+	-	+	?	+	+	+	-
Wong et al.	2013	+	+	+	+	+	+/-	+	+	+	-
Zir et al.	1971	+	-	+	-	+	+/-	?	+	+	-

+	Yes
+/-	Partially
-	No
?	Unclear
n/a	Not Applicable

Table 7

Risk of Bias - Regular Exercise Studies

Author(s)	Year	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other biases	Overall Assessment
Alessi et al.	1999	?	?	n/a	+	+	+	+	Unclear
Alessi et al. (acute)	2005	+	?	n/a	+	+	+	+	Unclear
Chen et al.	2009	+	?	n/a	+	+	+	-	High
Chen et al.	2010	?	?	n/a	+	+	+	+	Unclear
Chen et al.	2012	+	+	n/a	+	+	+	+	Low
de Jong et al.	2006	?	?	n/a	+	+	+	+	Unclear
Elavsky et al.	2007	+	+	n/a	+	+	+	+	Low
Frye et al.	2007	?	?	n/a	+	+	+	+	Unclear
Guilleminault et al.	1995	?	?	n/a	+	+	+	?	Unclear
Hosseini et al.	2011	?	?	n/a	+	+	+	-	High
Jennings et al.	1981	?	?	n/a	+	+	+	+	Unclear
Jennings et al. (acute)	1981	?	?	n/a	+	+	+	+	Unclear
Kalak et al.	2012	?	?	n/a	+	+	+	+	Unclear
King et al.	1997	?	?	n/a	+	+	+	+	Unclear
King et al.	2002	?	?	n/a	+	+	+	+	Unclear
King et al.	2008	?	?	n/a	+	+	+	+	Unclear
Kline et al.	2012	+	+	n/a	+	+	+	+	Low
Littman et al.	2007	?	?	n/a	+	+	+	+	Unclear
Manzaneque et al.	2009	?	?	n/a	+	+	+	+	Unclear
Naylor et al.	2000	n/a	n/a	n/a	+	+	+	-	High
Nguyen et al.	2012	?	?	n/a	+	+	+	+	Unclear
Oudegeest-Sander et al.	2013	?	?	n/a	+	+	+	+	Unclear
Passos et al. (acute)	2010	?	?	n/a	+	+	+	+	Unclear
Pinniger et al.	2013	?	?	n/a	+	+	+	+	Unclear
Reid et al.	2010	?	?	n/a	+	+	+	+	Unclear
Richards et al.	2011	+	+	n/a	+	+	+	+	Low
Tworoger et al.	2003	?	?	n/a	+	+	+	+	Unclear
Viana et al. (acute)	2012	?	?	n/a	+	?	+	+	Unclear
Yeh et al.	2012	n/a	n/a	n/a	+	+	+	-	High

+	Yes
+/-	Partially
-	No
?	Unclear
n/a	Not Applicable

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

Boston University

kredlow@bu.edu