Effects of evening exercise on sleep in healthy participants: A systematic review and meta-analysis
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Funnel plots

Electronic Supplementary Material Figure S9 Funnel plot, sleep onset latency. Each white circle represents an effect size. The pooled effect is shown with a white diamond while the reiterated pooled effect with Duval and Tweedie’s trim and fill method is shown with a black diamond.
**Electronic Supplementary Material Figure S10** Funnel plot, total sleep time. Each white circle represents an effect size. The pooled effect is shown with a white diamond while the reiterated pooled effect with Duval and Tweedie’s trim and fill method is shown with a black diamond.

**Electronic Supplementary Material Figure S11** Funnel plot, stage 2 sleep. Each white circle represents an effect size while black circles represent the imputed effect sizes with Duval and Tweedie’s trim and fill method. The pooled effect is shown with a white diamond while the reiterated pooled effect with Duval and Tweedie’s trim and fill method is shown with a black diamond.
Electronic Supplementary Material Figure S12 Funnel plot, REM sleep. Each white circle represents an effect size. The pooled effect is shown with a white diamond while the reiterated pooled effect with Duval and Tweedie’s trim and fill method is shown with a black diamond.