

PRISMA 2020 Checklist

Manuscript Title: Heart Rate Variability in Sports: From Monitoring to Maximizing Recovery and Performance

Manuscript ID: 03888132-ae9f-4915-be9e-b57b1f65c388

Section	Checklist Item	Page No.
Title	Identify the report as a systematic review.	1
Abstract	Provide a structured summary.	2
Rationale	Describe the rationale for the review.	3
Objectives	Provide an explicit statement of the objectives.	3
Eligibility criteria	Specify the inclusion and exclusion criteria.	4
Information sources	Specify all databases and sources searched.	4
Search strategy	Present full search strategy used.	4
Selection process	Specify methods used to determine study inclusion.	5
Data collection process	Specify methods for data extraction.	5
Data items	List and define all variables for which data were sought.	5
Risk of bias	Specify methods to assess risk of bias.	5
Effect measures	Specify the effect measure(s) used.	5
Synthesis methods	Describe synthesis methods.	6
Results	Present results of individual studies.	6-10
Discussion	Summarize main findings, limitations, and implications.	10-12
Funding	Describe sources of funding and role of funders.	13
Availability of data and materials	State data/material availability.	13