|  |  |  |
| --- | --- | --- |
| **Study** | **Circadian rhythm (accelerometery)** | **Circadian rhythms (biomarkers)** |
| R24, I<O | MESOR | Serum Cortisol | Serum serotonin | Salivary cortisol |
|  | **AEROBIC TRAINING** |
| Payne et. al, 2008 |  |  | ✔ | ✔ |  |
| Chen et al., 2016 | ✔ |  |  |  |  |
| Roveda et al., 2017 |  | ✔ |  |  |  |
|  | **YOGA** |
| Raghavendra et al., 2009 |  |  |  |  | ✔ |
| Chandwani et al., 2014 |  |  |  |  | ✔ |

**S-2b** Summary of outcome measures used for circadian rhythm.

*I < O- in-bed less than out-of-bed dichotomy index; r24- 24 hours autocorrelation coefficient.*