

## Peer Review File

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### Reviewer A

The authors have reviewed the evidence around physical exercise and sleep. However, there are publications from sleep and professional sports (e.g., Olympics, athletics, swimming) that have not been considered yet.

1. Could the authors please either include more details on these issues or narrow down in their description what evidence they reviewed and present?

Reply 1: We have added a paragraph on professional athletes and contextualised this data to the subject of the mini-review, under the section 'The effect of exercise on normal sleep' (The highlighted bit).

2. Could the authors please summarise parameters, variables, and outcomes in a structured table to indicate what is / is not available to describe sleep quality in the context of the topic?

Reply 2: We believe Table 1 summarises this information. Please could the reviewer advise what else they would like included in Table 1?

3. The manuscript would benefit from a specific list of target variables / topics (e.g., top five) for future research projects.

Reply 3: We have now added an extra table (Table 3) that lists some research topics by condition.

4. The manuscript may also benefit from figures to describe exercise effects on different aspects of sleep / lack of information about the impact.

Reply 4: We have introduced two figures to display some concepts.

### Reviewer B

1. Abstract

Please expand the abstract to 200-350 words per the requirement of the journal.

2. The citation of Table 1 in the main text is missing.

3. Please ensure that all abbreviated terms in the tables are defined in the table footnotes.