**Title:** COVID-19 lockdowns: a worldwide survey of circadian rhythms and sleep quality in 3911 athletes from 49 countries with data-driven recommendations.

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**Online Supplemental material; File 1**

**SAMPLE SIZE**

The sample size was calculated according to Whitley and Ball **[1]** and based on literature evidence **[2]**, using the following predictive equation: N = Zα/2 p q/i2, with:

* ***N***: the number of needed athletes;
* ***Zα/2***: two-tailed normal deviate for type 1 error (Zα/2 = 3.29 for 99.9% level of significance);
* ***q***: 1-p;
* ***Δ***: the accuracy (=2.2%); and
* ***p***: the percentage of athletes who changed their sleep patterns during the lockdown measures due to the Covid-19 pandemic.

According to Pillay et al. ***[2]***, among the 692 elite and semi-elite athletes, 21% (***p*** = 0.21) answered «no» to the following question: have you been sleeping and waking up at your normal times as before the lockdown? The sample size was therefore 3710 consecutive athletes. The assumption of 12% for duplicate participants, entry errors and eligibility of inclusion and exclusion criteria gave a revised sample of 4218 participants [4218 = 3710/ (1.0–0.12)].

1 Whitley E, Ball J. 2002 *Crit Care 64* 2002;**6**:1–7. doi:10.1186/CC1521

2 Pillay et al. 2020 *J Sci Med Sport*;**23**:670–9. doi:10.1016/j.jsams.2020.05.016