

Table S1: HRV analysis known to be possible for each wearable device

HRV analysis known to be possible								
Name of Device	R-R intervals	RMSSD	SDNN	pNN50	LF	HF	LF:HF	Non-linear analysis*
Actiheart	/	/	/	/	/	/	/	/
Actigraph wGT3X-BT **	/	/	/	/	/	/	/	/
Aidlab	/	/	/	/	/	/	/	/
AIO sleeve	Not enough detail provided.							
Ambiotex shirt	/	/	/	/	/	/	/	
Apple watch			/					
AVA bracelet							/	
Blue Leza HRM	/	/	/	/				
Biovotion Everion	/	/	/	/	/	/	/	
Biostrap watch		/						
Biostrap armband		/						
Bittum Faros™ 360	/	/	/	/	/	/	/	/
Bodyguard 2	/	/	/	/	/	/	/	/
Cardiosport TP3		/						
Cardiosport TP5+	/	/	/	/	/	/	/	
Empatica E4	/	/	/	/	/	/	/	/
Equivalital EQ-02	/	/	/	/	Not enough detail provided			
Garmin watches**	HRV is integrated into 'body battery' score							
Hexoskin	/	/	/	/	/	/	/	/
Isansys	/	/	/	/	/	/	/	/
ithlete		/						
Mio Alpha 2	/	/	/	/	/	/	/	
Oura ring		/						
Polar H10	/	/	/	/	/	/	/	/
Polar Vantage V**		/						
Pulse On	/	/	/	/	/	/	/	
Sosche Rhythm 24	/	/	/	/	/	/	/	/
Sunnto smart belt	/	/	/	/	/	/	/	/
Wahoo TICKR	/	/	/	/	/	/	/	
Whoop		/						
Zephyr™ Bioharness	/	/	/	/	/	/	/	/

*known to be compatible with HRV software such as Kubios and therefore non-linear analysis can be computed.

**does not directly measure HRV, but pairs with Polar H10 to collect R-R interval data which can then be used to compute a range of HRV parameters.