

The title

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Abstract

One or two sentences providing a **basic introduction** to the field, comprehensible to a scientist in any discipline.

Two to three sentences of **more detailed background**, comprehensible to scientists in related disciplines.

One sentence clearly stating the **general problem** being addressed by this particular study.

One sentence summarizing the main result (with the words “**here we show**” or their equivalent).

Two or three sentences explaining what the **main result** reveals in direct comparison to what was thought to be the case previously, or how the main result adds to previous knowledge.

One or two sentences to put the results into a more **general context**.

Two or three sentences to provide a **broader perspective**, readily comprehensible to a scientist in any discipline.

Keywords: keywords

Word count: X

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The title

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Warning: Expected 2 pieces. Additional pieces discarded in 6 rows [1, 2, 3,

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4, 5, 6].

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mean_hrv_baseline	mean_hrv_tsst	mean_hrv_recovert	mean_bpm_baseline	mean_bpm_
42.70542	28.27759	50.82372	81.85953	97.2

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Methods

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We report how we determined our sample size, all data exclusions (if any), all

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manipulations, and all measures in the study.

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Participants

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Material

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Procedure

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Data analysis

39

We used R (Version 3.6.1; R Core Team, 2019) for all our analyses.

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Results

41

Discussion

References

- 42
- 43 R Core Team. (2019). *R: A language and environment for statistical computing*. Vienna,
- 44 Austria: R Foundation for Statistical Computing. Retrieved from
- 45 <https://www.R-project.org/>

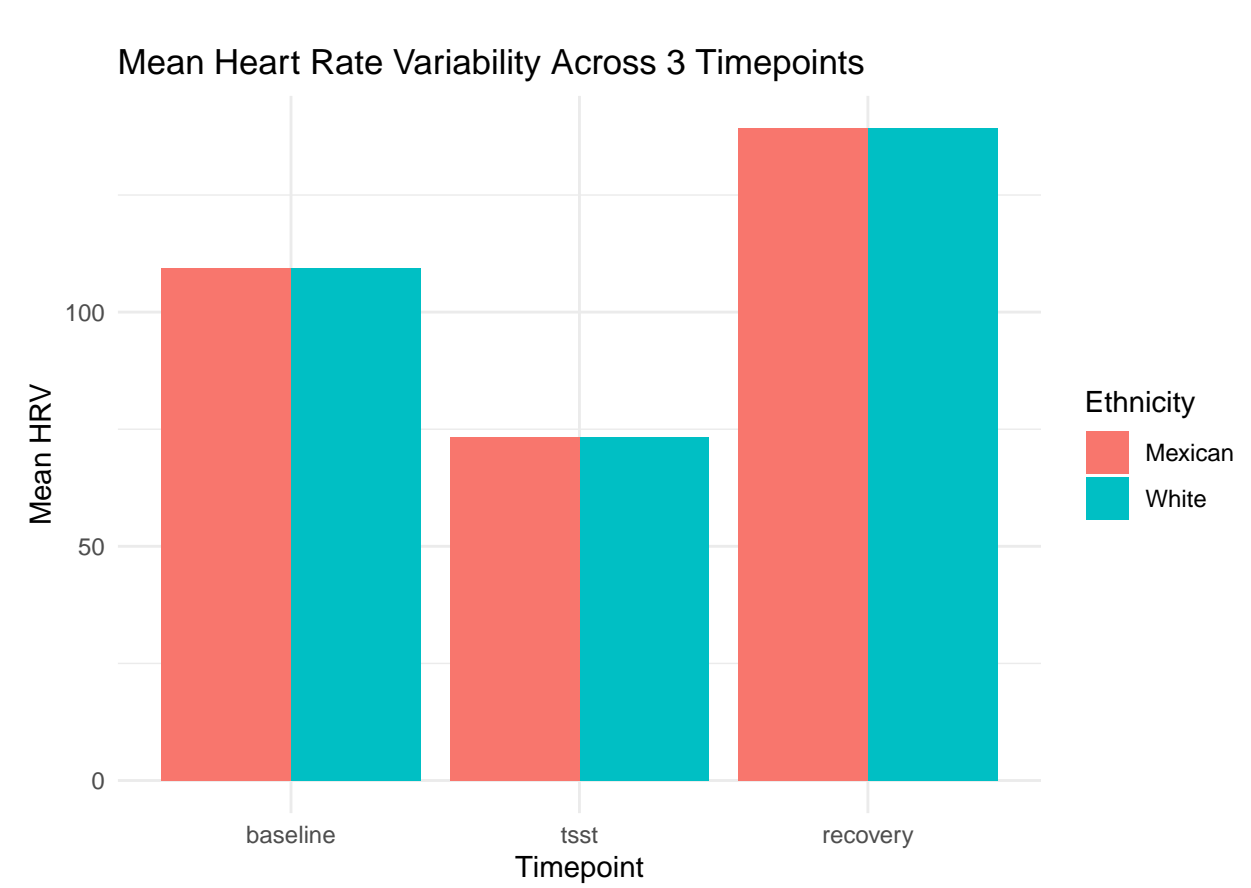


Figure 1. Insert additional comments here to explain what the graph is telling us about the data.

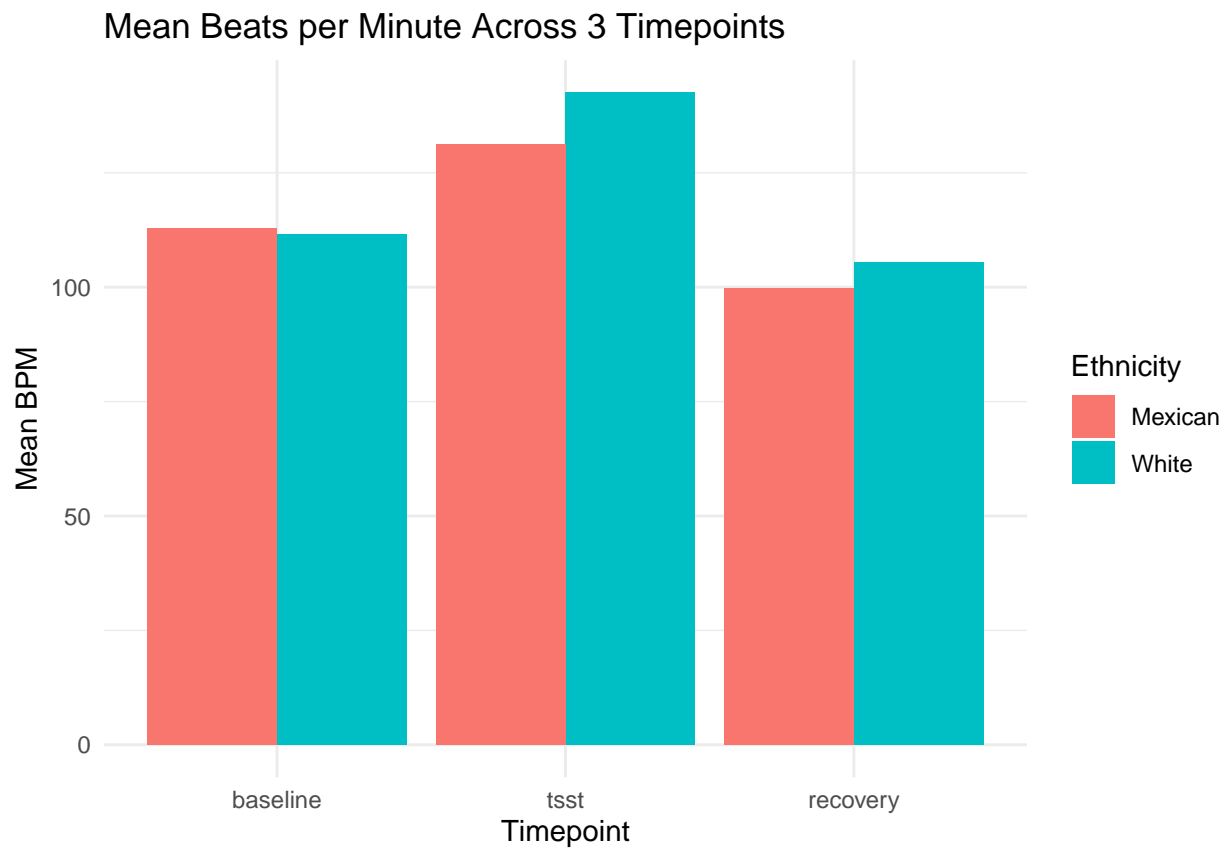


Figure 2. Insert additional comments here to explain what the graph is telling us about the data.