

Mehrere wissenschaftliche Artikel wurden während dem Projektzeitraum eingereicht und publiziert. Die folgenden Artikel wurden von Bernhard Grässler als Erstautor veröffentlicht:

- Grässler, B., Hökelmann, A., & Cabral, R. H. (2020). Resting heart rate variability as a possible marker of cognitive decline. *Kinesiology*, 52(1), 72–84. <https://doi.org/10.26582/k.52.1.9>
- Grässler, B., Herold, F., Dordevic, M., Gujar, T. A., Darius, S., Böckelmann, I., . . . Hökelmann, A. (2021). Multimodal measurement approach to identify individuals with mild cognitive impairment: study protocol for a cross-sectional trial. *BMJ Open*, 11(5), e046879. <https://doi.org/10.1136/bmjopen-2020-046879>
- Grässler, B., Thielmann, B., Böckelmann, I., & Hökelmann, A. (2021). Effects of different training interventions on heart rate variability and cardiovascular health and risk factors in young and middle-aged adults: A systematic review. *Frontiers in Physiology*, 12, 532. <https://doi.org/10.3389/fphys.2021.657274>
- Grässler, B., Thielmann, B., Böckelmann, I., & Hökelmann, A. (2021). Effects of Different Exercise Interventions on Cardiac Autonomic Control and Secondary Health Factors in Middle-Aged Adults: A Systematic Review. *Journal of Cardiovascular Development and Disease*, 8(8). <https://doi.org/10.3390/jcdd8080094>
- Grässler, B., Thielmann, B., Böckelmann, I., & Hökelmann, A. (2021). Effects of different exercise interventions on heart rate variability and cardiovascular health factors in older adults: a systematic review. *European Review of Aging and Physical Activity*, 18(1). <https://doi.org/10.1186/s11556-021-00278-6>
- Grässler, B., Dordevic, M., Darius, S., Vogelmann, L., Herold, F., Langhans, C., . . . Hökelmann, A. (2021). Age-Related Differences in Cardiac Autonomic Control at Resting State and in Response to Mental Stress. *Diagnostics*, 11(12), 2218. <https://doi.org/10.3390/diagnostics11122218>
- Grässler, B., Dordevic, M., Herold, F., Darius, S., Langhans, C., Halfpaap, N., Labott, B.K., Müller, P., Ammar, A., Thielmann, B., Böckelmann, I., Müller, N.G., & Hökelmann, A. (2021). Relationship between Resting State Heart Rate Variability and Sleep Quality in Older Adults with Mild Cognitive Impairment. *International Journal of Environmental Research and Public Health*, 18(24), 13321. <https://doi.org/10.3390/ijerph182413321>
- In press: Grässler, B., Dordevic, M., Darius, S., Herold, F., Forte, G., Langhans, C., . . . Hökelmann, A. Is there a link between Heart Rate Variability and Cognitive Decline?