Table S1 The criteria for the inclusion and exclusion of participants

Inclusion criteria

       Aged 18-23 years

       Be healthy

Exclusion criteria

       Aged <18 or >23 years

       Tobacco use

       Habitual alcohol (>20 g/day) consumption

       Habitual high caffeine (>250 mg/day) consumption

       Vigorous-intensity physical activity habits

       Chronic diseases

       Claustrophobia

       Other neurologic illness

       Other medical illness

Table S2 The outcomes of the study

The scores of the CP using software after intervention (primary outcome)

The scores of the POMS using questionnaire after intervention (primary outcome)

Urine osmolality, USG and the electrolytes concentrations

Plasma osmolality, the electrolytes concentrations and glucose

Anthropometric measurements including the height, weight and blood pressure

CP: cognitive performance; POMS: Profile of mood states; USG: Urine specific gravity