

Checklist for submission:

- A cover letter describing the novelty of your work.
- Author affiliations are up-to-date.
- Funding source and grant number are included.
- Order of files: Cover letter, manuscript text (with line numbers), original figures, supplementary text, supplementary figures (supplementary text and figures can be submitted in a single pdf file)
- The study aims and design choices for which adequate rationale are provided.
- The study designs are robust.
- The title, abstract, and conclusions are not overstated.
- The experimental methods are described clearly and concretely to reproduce the data.
- Statistical analysis is properly performed.
- Figure legends are properly described.
- Discussions are critical and comprehensive, addressing study limitations.
- Statements are cited with appropriate citations, covering recent papers, and peer-reviewed literature in the reference sections.
- A conflict of interest statement is included in the body text of the manuscript. If there are no conflicts of interest, please write "The authors declare no conflict of interest in relation to this work", or similar.

Checklist at revision stage:

- Cover letter
- Point-by-point reply to reviewers' comments. Explain major changes on the first page and also if there are any changes in figures.
- Revised manuscript (clean)
- Revised manuscript (marked)
- Final figures