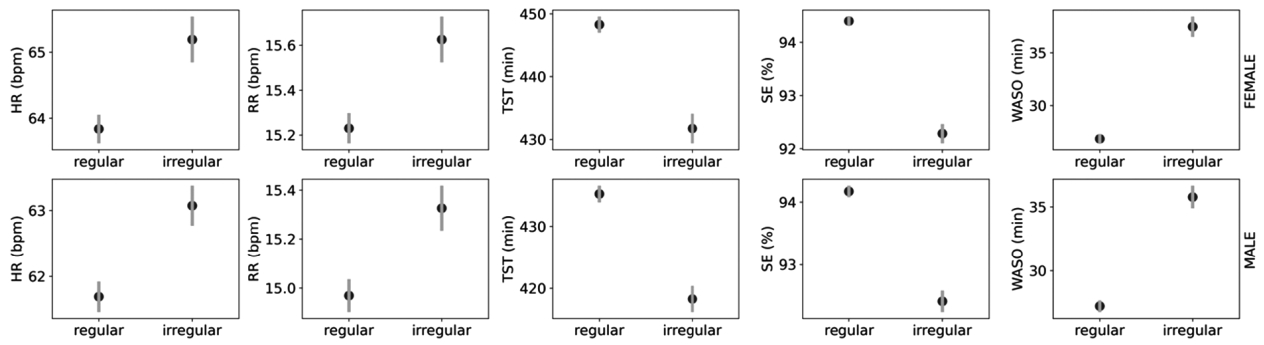


Sleep parameters in participants with average regular vs. irregular leep onset timing divided by sex



Supplementary Figure 4. Both male and female participants with on-average regular sleep onset timing have significantly lower HR, RR, WASO and significantly higher TST and SE than participants with on-average irregular sleep schedules. Gray bars show 95% confidence intervals for the mean. HR, heart rate; RR, respiration rate; TST, total sleep time; SE, sleep efficiency; WASO, wake after sleep onset.