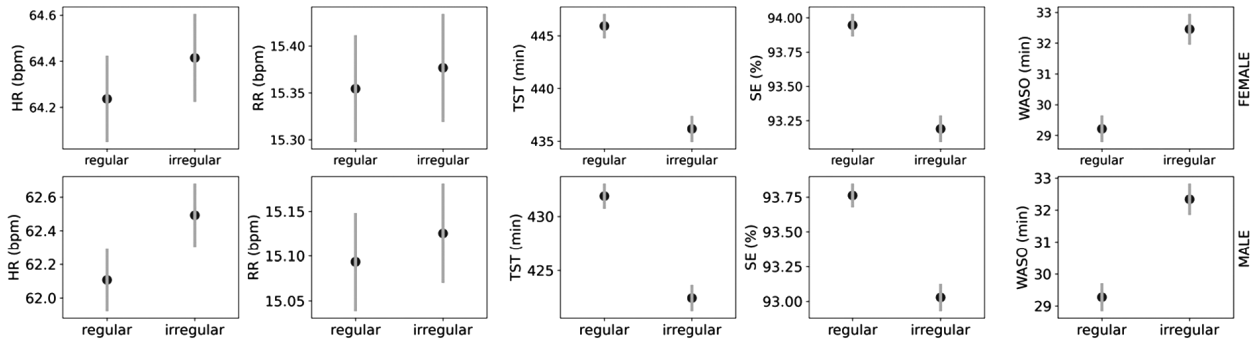


Sleep parameters during regular sleep onset timing weeks vs. irregular sleep onset timing weeks divided by sex



Supplementary Figure 5. For both male and female participants, regular sleep onset timing weeks show, by paired t-test, significantly lower HR, WASO and significantly higher TST and SE than irregular weeks. For male participants but not for female participants, regular weeks show, by paired t-test, significantly lower RR than irregular weeks. 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.