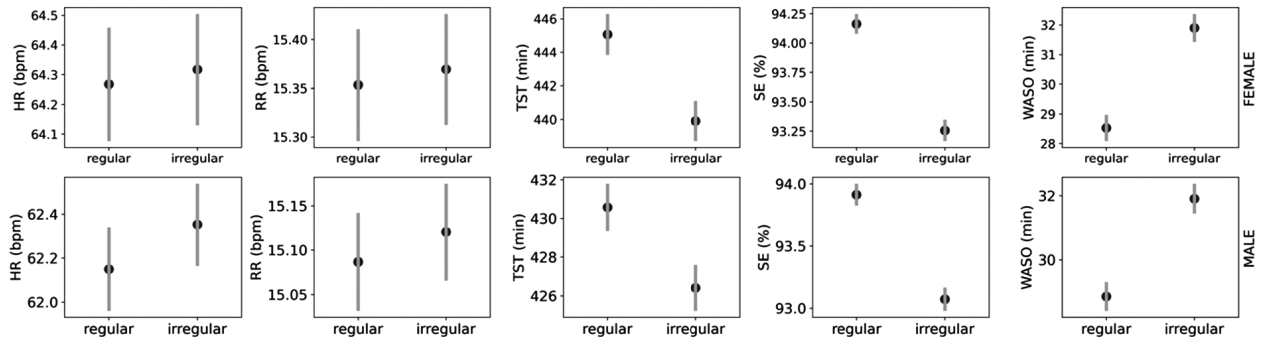


Sleep parameters during regular schedule weeks vs. irregular schedule weeks divided by sex



Supplementary Figure 3. For both male and female participants, regular weeks show, by paired t-test, significantly lower 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 HR and 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.