**Supplemental Table 1: Descriptive Statistics for Total Hours Sleep and Time in Light, Deep and REM Sleep**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Total Sleep (hours)** | | | **Light (hours)** | | | **Deep (hours)** | | | **REM (hours)** | | |
|  | M ± SD | SW | p | M ± SD | SW | p | M ± SD | SW | p | M ± SD | SW | p |
| 1 | 5.5 ± 1.6 | 0.89 | 0.007 | 2.8 ± 1.1 | 0.96 | 0.35 | 1.3 ± 0.7 | 0.95 | 0.22 | 1.4 ± 0.7 | 0.96 | 0.39 |
| 2 | 5.6 ± 1.8 | 0.88 | 0.003 | 2.7 ± 1.1 | 0.98 | 0.85 | 1.3 ± 0.5 | 0.97 | 0.54 | 1.5 ± 0.7 | 0.97 | 0.45 |
| 3 | 6.7 ± 2.1 | 0.91 | 0.02 | 3.4 ± 1.4 | 0.97 | 0.51 | 1.5 ± 0.7 | 0.94 | 0.09 | 1.8 ± 0.8 | 0.98 | 0.80 |
| 4 | 4.0 ± 1.9 | 0.96 | 0.37 | 2.0 ± 0.8 | 0.99 | 0.97 | 1.1 ± 0.8 | 0.94 | 0.147 | 1.0 ± 0.6 | 0.98 | 0.85 |
| 5 | 4.4 ± 1.8 | 0.95 | 0.18 | 2.3 ± 1.2 | 0.98 | 0.84 | 1.1 ± 0.6 | 0.97 | 0.54 | 1.0 ± 0.6 | 0.97 | 0.57 |
| 6 | 4.9 ± 1.3 | 0.97 | 0.62 | 2.5 ± 0.9 | 0.98 | 0.77 | 1.1 ± 0.6 | 0.95 | 0.23 | 1.3 ± 0.5 | 0.94 | 0.10 |
| 7 | 4.9 ± 1.7 | 0.87 | 0.002 | 2.5 ± 1.1 | 0.95 | 0.16 | 1.2 ± 0.7 | 0.92 | 0.03 | 1.2 ± 0.8 | 0.95 | 0.19 |
| 8 | 4.8 ± 2.1 | 0.81 | <0.001 | 2.3 ± 1.2 | 0.96 | 0.35 | 1.3 ± 0.8 | 0.97 | 0.55 | 1.3 ± 0.7 | 0.96 | 0.29 |
| 9 | 3.5 ± 1.8 | 0.93 | 0.25 | 1.4 ± 1.0 | 0.93 | 0.26 | 1.1 ± 0.7 | 0.88 | 0.03 | 1.0 ± 0.5 | 0.94 | 0.36 |
| 10 | 5.9 ± 2.7 | 0.97 | 0.53 | 3.6 ± 1.6 | 0.96 | 0.34 | 1.0 ± 0.7 | 0.97 | 0.47 | 1.3 ± 1.0 | 0.89 | 0.006 |
| 11 | 5.8 ± 1.9 | 0.97 | 0.54 | 3.3 ± 1.3 | 0.97 | 0.57 | 1.1± 0.6 | 0.95 | 0.16 | 1.3 ± 0.7 | 0.91 | 0.01 |
| 12 | 4.5 ± 1.6 | 0.97 | 0.65 | 2.7 ± 1.2 | 0.98 | 0.82 | 1.0 ± 0.5 | 0.98 | 0.86 | 0.8 ± 0.5 | 0.95 | 0.26 |

Results reported as mean ± standard deviation (M ± SD), Shaprio-Wilk Normality Test results (SW), and p value (p). P < 0.05 indicates that results are not normally distributed.

Rapid eye movement (REM)