**Supplemental Table 1**

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| --- | --- | --- | --- |
|  | PRO | PRO+EX |  |
|  | (*n*=11) | (*n*=12) | *P* |
| Sleep time (hh:mm) | 23:57±0:03 | 23:57±0:06 | 0.896 |
| Wake time (hh:mm) | 6:47±0:04 | 6:53±0:07 | 0.503 |
| Sleep onset latency (hh:mm) | 0:10±0:03 | 0:11±0:02 | 0.805 |
| Sleep duration (hh:mm) | 6:05±0:10 | 6:00±0:11 | 0.794 |
| Time awake/Light sleep (hh:mm) | 0:25±0:05 | 0:30±0:08 | 0.617 |
| Sleep efficiency (%) | 89±2 | 87±3 | 0.530 |
| Wake Bouts | 11±2 | 11±2 | 0.319 |

Values are expressed as means±SEM. PRO: pre-sleep protein ingestion without prior exercise, PRO+EX: pre-sleep protein ingestion with prior exercise. Data were analyzed with Student’s *t*-tests.