

Supplemental Table 1. Characteristics of the participants for the day prior to each trial.

| <b>Characteristic</b> | <b>HW</b>   |             | <b>OW</b>   |            |
|-----------------------|-------------|-------------|-------------|------------|
|                       | SED         | SS          | SED         | SS         |
| Hours sleep           | 6.6 (1.1)   | 7.18 (0.5)  | 6.55 (0.88) | 6.4 (0.93) |
| Steps day prior       | 5522 (4728) | 5133 (5215) | -           | -          |