
Supplemental Information

Chronic Circadian Disruption and Chronic Sleep Restriction Influence Subjective Hunger and Appetite

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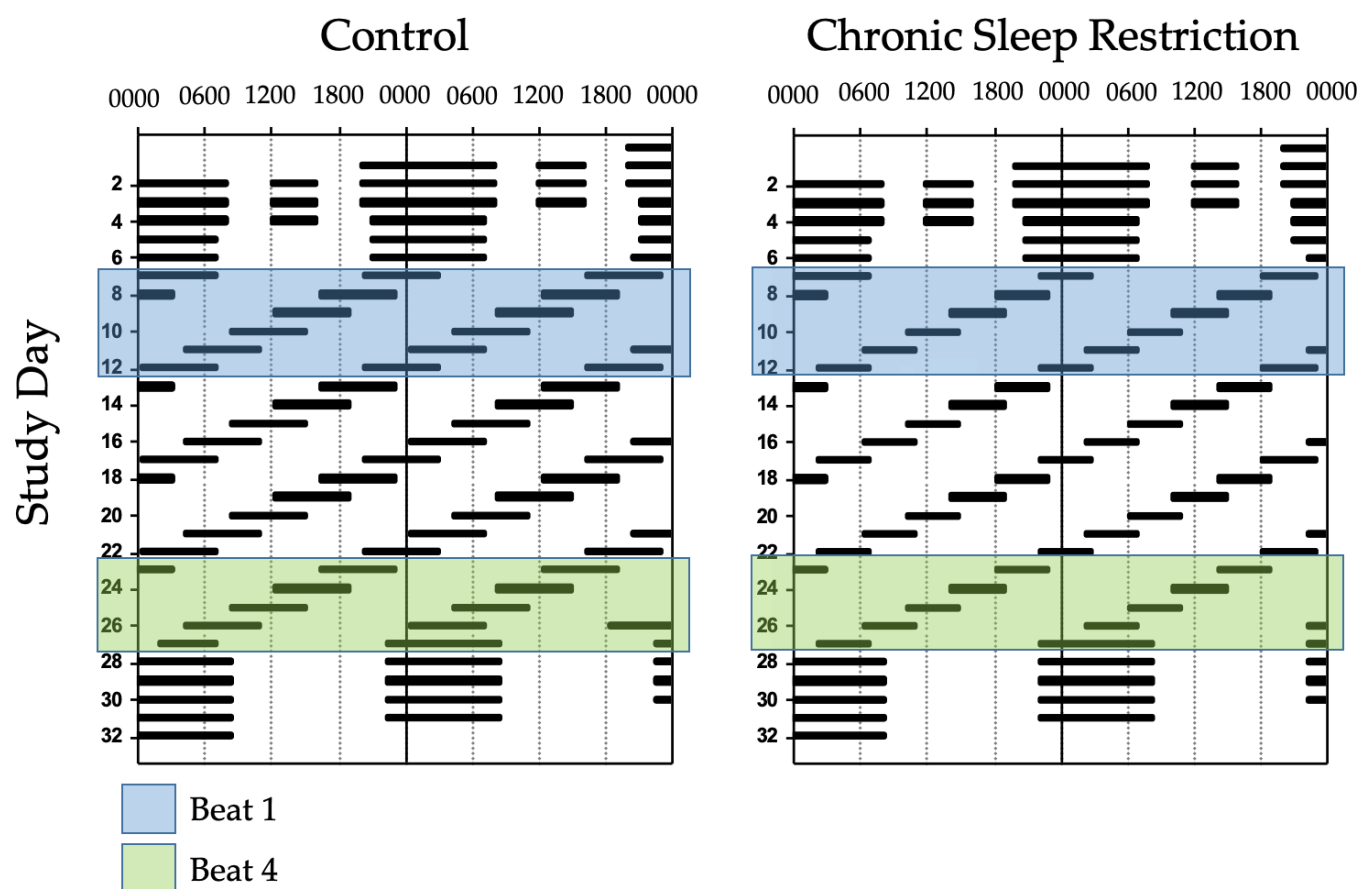
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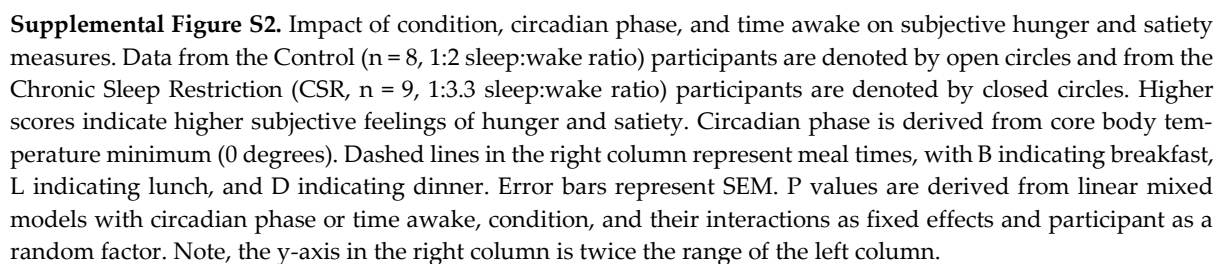
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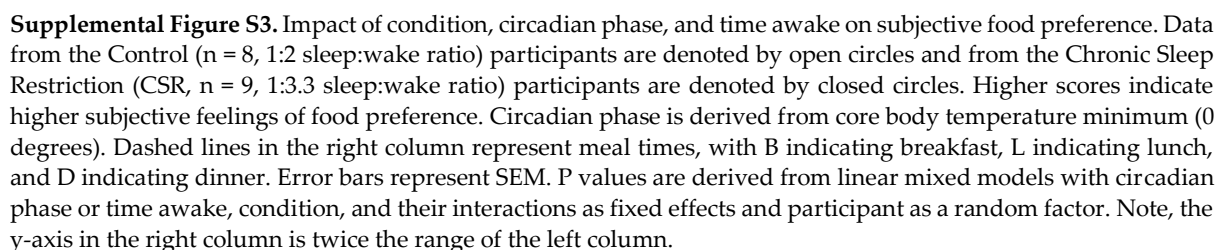
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Supplemental Figure S1. Example study protocols for the Control ($n = 7$, 1:2 sleep:wake ratio, equivalent to 8 h sleep opportunity per 24 h day) and Chronic Sleep Restriction ($n = 8$, 1:3.3 sleep:wake ratio, equivalent to 5.6 per 24 h day) conditions across recurrent circadian disruption. Days are double plotted; each study day is plotted next to and below the previous day. Clock time is plotted on the top x-axis and study day down the y-axis. Solid black bars represent sleep opportunities and the shaded blue and green rectangles indicate Beat cycles 1 and 4, respectively (approximately 6 protocol days). Exact timing of all events for each participant depended on their habitual sleep and wake times immediately before the inpatient protocol.





Supplemental Table S1. Participant demographics.

	Control (n=8)	CSR (n=9)	p-value
Sex and Age			
Female, Male (#, %)	5, 3 (0.6, 0.4)	5, 4 (0.6, 0.4)	-
Age (years, range)	27.6 (22.0-34.0)	24.8 (20.0-30.0)	0.20
Body Composition			
Weight (kg, range)	64.3 (47.2-85.4)	68.2 (57.8-82.8)	0.52
Body Mass Index (kg/m ² , range)	23.1 (18.2-28.4)	24.8 (19.2-28.3)	0.36
Body Mass Index <25 kg/m ² (#, %)	5 (0.6)	4 (0.4)	-
Body Mass Index >25 kg/m ² (#, %)	3 (0.4)	5 (0.6)	-

p-values were derived via independent t-tests between groups.