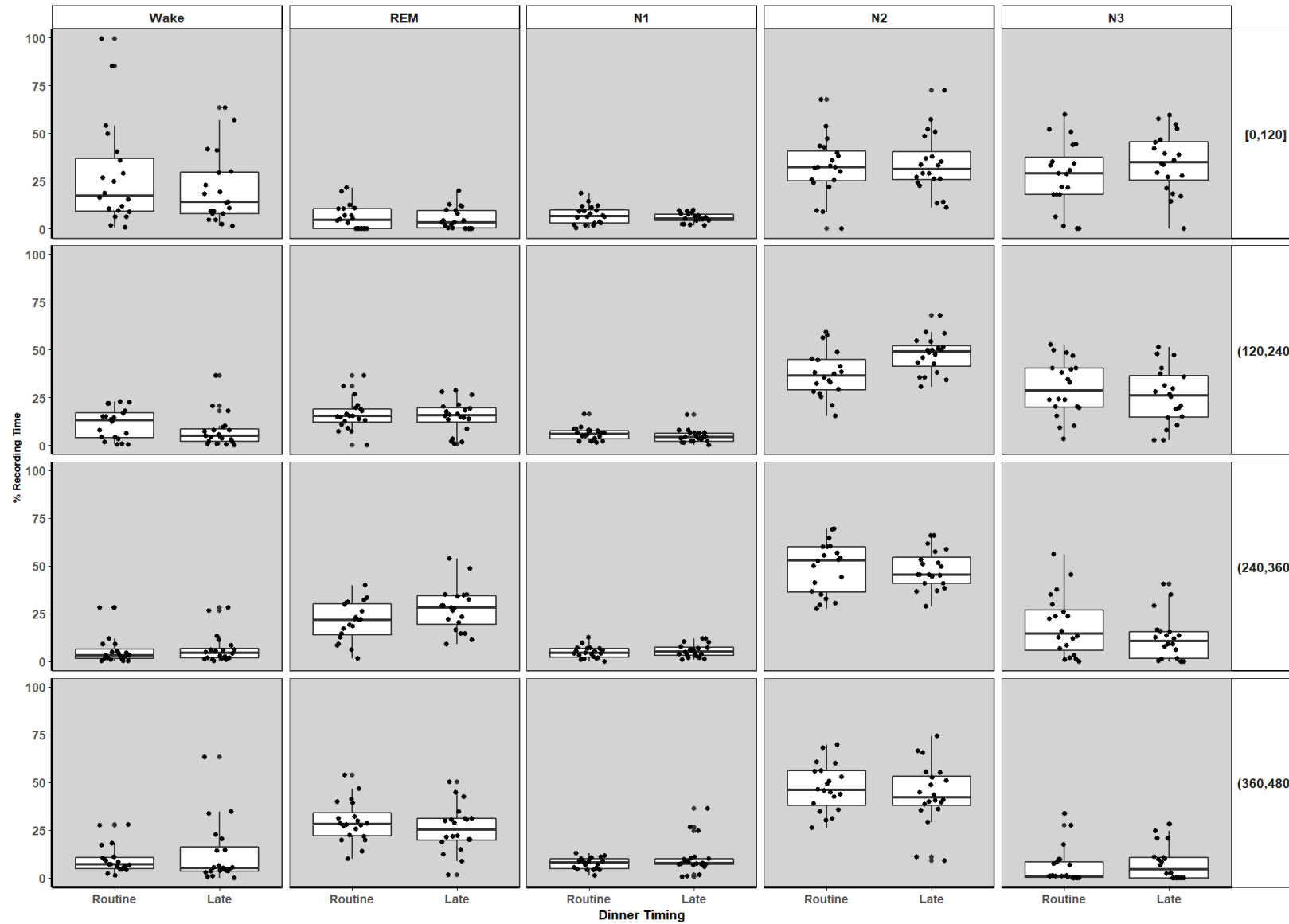


Supplemental Material

1. Supplemental Figure 1

Supplemental Figure 1



Supplemental Figure 1. Distributions of Each Sleep Stage in Four Quarters of the Night for Routine and Late Dinner

Boxplots show the percentages of each sleep stage for routine dinner vs late dinner across the four quarters of the night: first quarter (0-120 minutes), second quarter (120-240 minutes), third quarter (240-360 minutes), fourth quarter (360-480 minutes).

Comparisons between routine dinner vs late dinner were only significant for N2 sleep in the second quarter (49.0% vs 36.5% for late vs routine; $p=0.0056$) and REM sleep in the third quarter (28.1% vs 21.9% for late vs routine; $p=0.035$).