Appendix Table S1. Correlation between CPC-derived sleep indices and spectral heart rate variability components

Relationship	**r (N=191)**	**r square**	***P* value**
HFC vs. VLF	-0.079	0.006	0.276
HFC vs. LF	-0.015	<0.001	0.834
HFC vs. HF	0.207	0.043	0.004
HFC vs. LF/HF	-0.376	0.141	<0.001
LFC vs. VLF	0.076	0.006	0.293
LFC vs. LF	0.021	<0.001	0.776
LFC vs. HF	-0.202	0.041	0.005
LFC vs. LF/HF	0.357	0.127	<0.001
VLFC vs. VLF	0.021	<0.001	0.771
VLFC vs. LF	-0.034	0.001	0.640
VLFC vs. HF	-0.121	0.015	0.094
VLFC vs .LF/HF	0.169	0.029	0.020

r: Pearson's correlation coefficient

HFC: high-frequency coupling

LFC: low-frequency coupling

VLFC: very-low frequency coupling

VLF: very-low frequency component of heart rate variability (0.003-0.04 Hz)

LF: low-frequency component of heart rate variability (0.04-0.15 Hz)

HF: high-frequency component of heart rate variability (0.15-0.4 Hz)

LF/HF: low-frequency to high-frequency ratio

The spectral heart rate variability indices were log transformed.