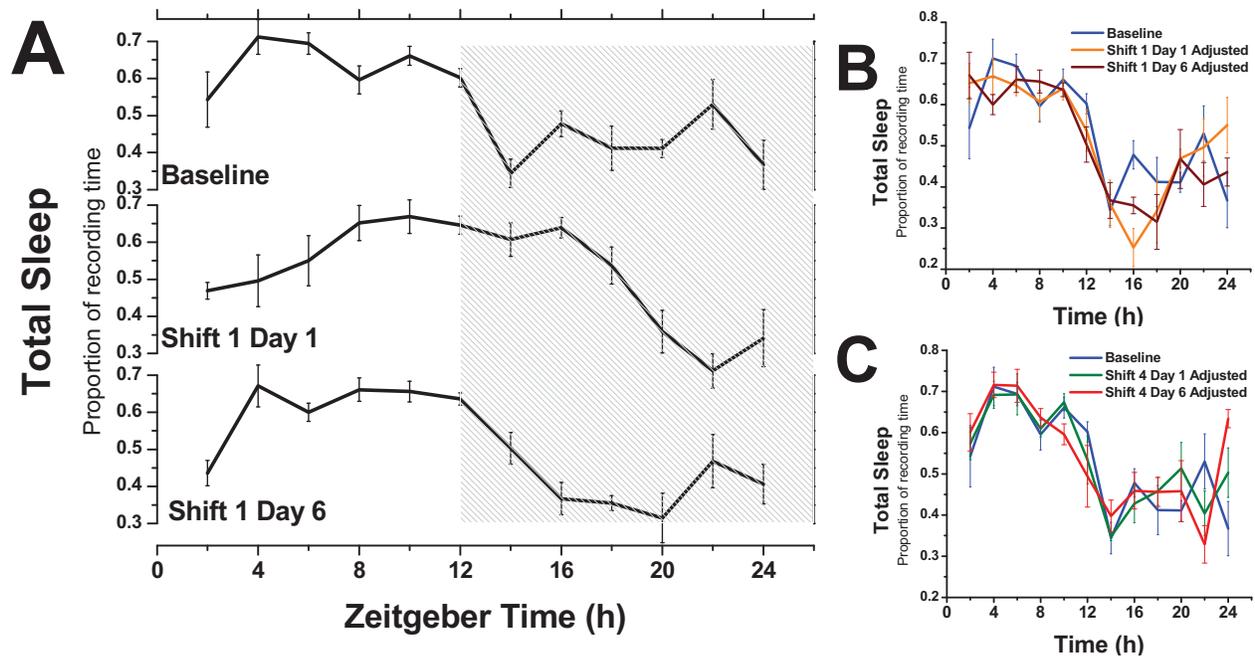


Figure S1

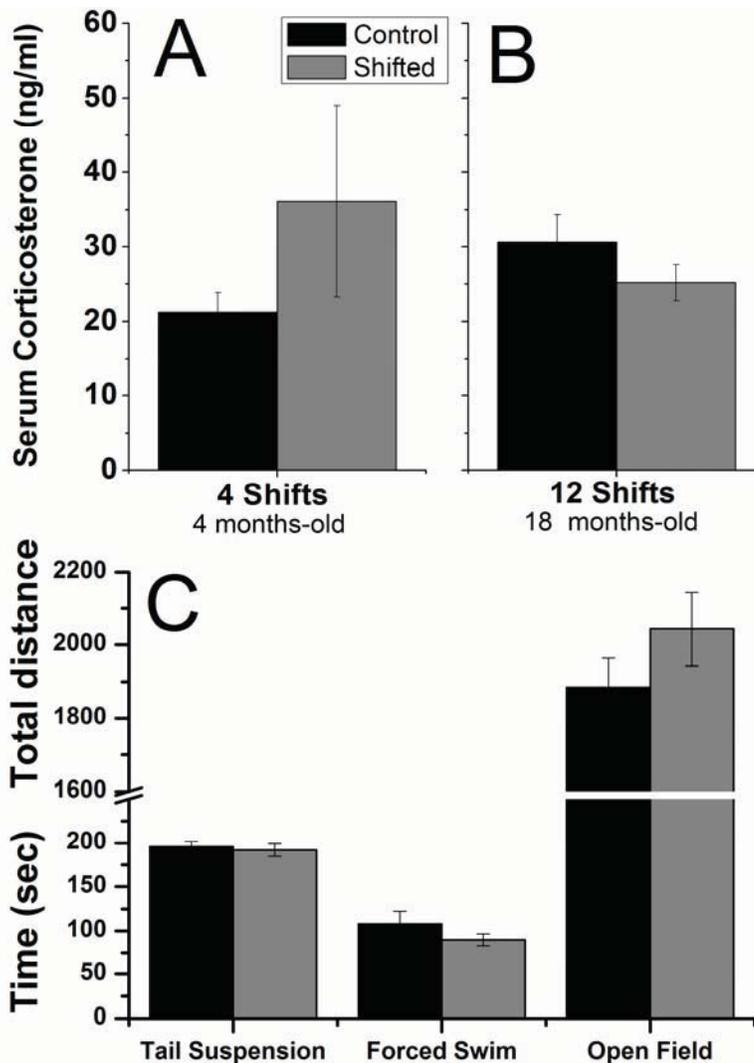


SUPPLEMENTAL FIGURE CAPTION

Figure S1 Supplemental data on sleep during CJL

A. Waveforms of total sleep for baseline and Days 1 and 6 of Shift 1. Same conventions as Figure 4C. **B & C.** Waveforms for total sleep were adjusted (Day 1 by 6h leftward, and Day 6 by 2h leftward) in order to compare the amplitude and waveforms across days of the shift. Shift 1 is shown in **B**, and Shift 4 is shown in **C**.

Figure S2



SUPPLEMENTAL FIGURE CAPTION

Fig S2 Jet lag does not increase hormonal or behavioral measures of stress

A and B: Serum corticosterone was measured on Day 7 following 4 (A) or 12 (B) consecutive weekly 6h phase advances of the 12:12 light cycle. Subjects in A (n=4 shifted and 4 control) were adult mice aged ~4 months, in B subjects were 18 months (n=17 shifted and 19 controls) at the time of blood collection. **C:** Mice exposed to 4 weekly phase-advances of the light cycle did not exhibit increased measures of anxiety or depression in the tail suspension (sec. of immobility, n=7 per group), forced swim (sec. of immobility, n=7 per group) or open field (total ambulatory distance, n=14 per group) tests. All comparisons not significant.