

Descriptive statistics for all-night sleep stage variables (for sleep episodes on which either no beverage or placebo beverage was administered) computed separately for each FD day (1-12). A list of the variables presented in Tables 1.1-1.12 and the translation to the variables analyzed in this paper are presented below.

Variables Listed in Tables	Variable Name Used in Text
SleepEfficiency	Sleep Efficiency
S.O.mins	Sleep Onset Latency (SOL)
TotalSleepTimeTSTmins	Total Sleep Time (TST)
stage1mins	Minutes of Stage 1 Sleep
Stage2min	Minutes of Stage 2 Sleep
Stage3mins	Minutes of Stage 3 Sleep
Stage4mins	Minutes of Stage 4 Sleep
REMmins	Minutes of REM Sleep
Wakemins	Minutes of Wake
Numawak	Number of Awakenings
WASO	Wake After Sleep Onset (WASO)
SWS	Minutes of Slow Wave Sleep (SWS)

**Table 1.1. Descriptive Statistics for FD1**

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD1	19	82.06	97.63	91.8821	3.51409
S.O.minsFD1	19	5.00	35.00	18.7632	8.51856
TotalSleepTimeTSTminsFD1	19	327.00	390.50	364.1579	15.72247
stage1minsFD1	19	10.50	59.00	33.2632	13.59061
Stage2minsFD1	19	148.50	240.50	196.5526	26.72228
Stage3minsFD1	19	12.00	41.50	25.1316	9.29582
Stage4minsFD1	19	22.50	76.00	48.5526	15.57143
REMminsFD1	19	43.50	89.00	61.3421	14.08708
WakeminsFD1	19	9.00	71.50	31.0526	14.51904
numawakFD1	19	2.00	25.00	13.2105	6.23234
WASOFD1	19	1.00	39.50	13.0263	10.44759
SWSFD1	19	51.00	107.00	73.6842	15.17967
Valid N (listwise)	19				

**Table 1.2. Descriptive Statistics for FD2**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD2	21	32.25	99.13	79.6519	20.32543
S.O.minsFD2	21	1.50	37.50	12.2857	8.91007
TotalSleepTimeTSTminsFD2	21	129.00	396.50	317.7143	81.18491
stage1minsFD2	21	6.50	59.50	32.8095	14.77200
Stage2minsFD2	21	45.50	239.50	159.3095	50.94224
Stage3minsFD2	21	4.00	43.00	22.2857	11.25008
Stage4minsFD2	21	24.50	77.50	46.9048	15.34733
REMminsFD2	21	19.00	96.00	57.0952	24.37397
WakeminsFD2	21	3.50	264.50	80.1429	80.12539
numawakFD2	21	1.00	40.00	15.7143	8.49201
WASOFD2	21	1.00	257.50	68.5476	81.95683
SWSFD2	21	33.50	101.00	69.1905	19.25713
Valid N (listwise)	21				

**Table 1.3. Descriptive Statistics for FD3**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SPDurationMinutesFD3	21	399.00	401.00	399.9762	.48673
SleepEfficiencyFD3	21	48.75	97.75	75.0671	13.67051
S.O.minsFD3	21	.50	13.00	6.0952	4.29424
TotalSleepTimeTSTminsFD3	21	194.50	391.00	299.8571	54.68641
stage1minsFD3	21	10.00	62.50	29.8095	14.21749
Stage2minsFD3	21	73.50	217.00	138.3571	35.26299
Stage3minsFD3	21	6.50	31.00	19.8571	7.38265
Stage4minsFD3	21	29.50	93.50	56.5952	16.94301
REMminsFD3	21	23.00	110.00	55.6190	23.18561
WakeminsFD3	21	3.50	204.00	98.9048	55.11502
numawakFD3	21	4.00	27.00	13.2381	6.04901
WASOFD3	21	2.50	194.50	93.1905	54.78309
SWSFD3	21	51.00	121.00	76.4524	17.35216
Valid N (listwise)	21				

**Table 1.4. Descriptive Statistics for FD4**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD4	20	65.50	98.50	87.1860	9.54523
S.O.minsFD4	20	.50	7.50	3.4750	2.41419
TotalSleepTimeTSTminsFD4	20	257.00	393.50	347.9250	38.49480
stage1minsFD4	20	17.50	73.00	35.8250	14.62179
Stage2minsFD4	20	93.00	217.00	153.1250	36.60273
Stage3minsFD4	20	8.00	42.00	20.3250	8.97551
Stage4minsFD4	20	27.50	81.50	58.4500	13.89898
REMminsFD4	20	61.00	117.50	80.8000	16.96777
WakeminsFD4	20	6.00	137.50	50.4000	38.07769
numawakFD4	20	6.00	27.00	14.7000	6.24163
WASOFD4	20	4.00	134.00	47.5250	37.79393
SWSFD4	20	54.00	99.00	78.7750	13.67525
Valid N (listwise)	20				

**Table 1.5. Descriptive Statistics for FD5**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD5	19	75.88	97.50	89.8084	6.40642
S.O.minsFD5	19	.00	10.50	2.8421	2.61434
TotalSleepTimeTSTminsFD5	19	303.50	390.50	359.4211	25.82541
stage1minsFD5	19	14.50	72.50	37.0000	13.06713
Stage2minsFD5	19	97.00	198.00	152.4211	29.30504
Stage3minsFD5	19	13.50	41.50	24.4737	8.19802
Stage4minsFD5	19	14.50	90.50	51.4737	20.84565
REMinbedFD5	19	12.63	31.00	23.5105	5.48320
WakeminsFD5	19	8.00	96.50	38.6579	26.90005
numawakFD5	19	5.00	38.00	14.2105	8.39033
WASOFD5	19	3.00	94.50	35.8684	26.65252
SWSFD5	19	37.00	113.00	75.9474	17.98448
Valid N (listwise)	19				

**Table 1.6. Descriptive Statistics for FD6**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD6	19	73.10	98.75	91.9763	7.98593
S.O.minsFD6	19	1.50	53.00	12.3421	14.35856
TotalSleepTimeTSTminsFD6	19	293.00	395.50	367.4211	31.77580
stage1minsFD6	19	15.00	101.50	36.4737	18.91463
Stage2minsFD6	19	114.00	218.50	164.0263	28.42899
Stage3minsFD6	19	12.00	57.00	23.8947	10.05896
Stage4minsFD6	19	18.50	100.50	55.1579	21.85435
REMminsFD6	19	51.50	147.50	88.4211	20.84817
WakeminsFD6	19	4.50	102.50	30.8158	31.11592
numawakFD6	19	4.00	20.00	10.8947	5.11962
WASOFD6	19	2.50	99.50	19.0526	28.62395
SWSFD6	19	38.00	117.50	79.0526	18.64276
Valid N (listwise)	19				

**Table 1.7. Descriptive Statistics for FD7**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD7	19	73.28	97.38	90.2305	5.09122
S.O.minsFD7	19	4.50	78.50	26.7632	17.55655
TotalSleepTimeTSTminsFD7	19	293.50	389.50	360.1842	19.98903
stage1minsFD7	19	9.00	48.00	29.8684	13.03504
Stage2minsFD7	19	140.50	216.50	186.0526	22.07556
Stage3minsFD7	19	8.50	50.50	25.8158	10.69555
Stage4minsFD7	19	17.50	77.50	48.8947	19.20979
REMminsFD7	19	42.00	103.50	70.3947	19.02745
WakeminsFD7	19	10.00	107.00	37.9211	20.81617
numawakFD7	19	4.00	27.00	12.3684	6.99373
WASOFD7	19	4.00	38.00	12.0000	9.01080
SWSFD7	19	47.50	102.50	74.7105	14.39456
Valid N (listwise)	19				

**Table 1.8. Descriptive Statistics for FD8**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD8	18	43.80	96.13	77.3572	14.98704
S.O.minsFD8	18	4.00	78.50	20.0556	21.19093
TotalSleepTimeTSTminsFD8	18	175.00	384.50	309.0278	60.45768
stage1minsFD8	18	17.50	46.00	29.5000	8.39292
Stage2minsFD8	18	77.00	221.00	157.1667	43.65170
Stage3minsFD8	18	9.50	35.50	20.6111	6.65219
Stage4minsFD8	18	21.50	72.00	42.6944	14.44171
REMminsFD8	18	19.50	123.00	59.4722	24.02234
WakeminsFD8	18	15.50	224.50	90.1111	59.82046
numawakFD8	18	4.00	27.00	14.2778	7.01935
WASOFD8	18	2.50	188.50	70.4722	61.58960
SWSFD8	18	37.00	99.00	63.3056	15.93935
Valid N (listwise)	18				

**Table 1.9. Descriptive Statistics for FD9**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD9	19	30.63	96.75	75.2100	20.48256
S.O.minsFD9	19	.50	31.00	6.4737	6.87482
TotalSleepTimeTSTminsFD9	19	121.00	387.50	300.8158	82.13154
stage1minsFD9	19	11.50	57.50	31.7368	14.90001
Stage2minsFD9	19	28.00	201.00	134.7895	47.71132
Stage3minsFD9	19	4.50	36.00	17.2105	7.39428
Stage4minsFD9	19	22.50	86.50	52.5263	19.25233
REMminsFD9	19	6.00	116.00	64.7895	27.81852
WakeminsFD9	19	12.50	277.50	98.6053	82.24465
numawakFD9	19	5.00	25.00	14.8421	5.52030
WASOFD9	19	10.00	267.00	92.3684	79.43985
SWSFD9	19	34.00	104.00	69.7368	20.48602
Valid N (listwise)	19				

**Table 1.10. Descriptive Statistics for FD10**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD10	19	60.05	97.75	83.9742	12.47988
S.O.minsFD10	19	.00	16.00	2.8947	3.69902
TotalSleepTimeTSTminsFD1	19	240.50	391.00	335.4737	50.09587
stage1minsFD10	19	13.00	101.50	34.7895	20.98698
Stage2minsFD10	19	90.00	200.00	138.5263	34.01530
Stage3minsFD10	19	5.00	34.50	19.0000	7.68838
Stage4minsFD10	19	35.00	105.00	62.4474	19.02695
REMminsFD10	19	50.50	116.00	80.8684	23.40990
WakeminsFD10	19	6.00	160.00	62.9474	50.14144
numawakFD10	19	2.00	35.00	15.2105	7.55409
WASOFD10	19	1.00	155.00	60.2105	49.47595
SWSFD10	19	50.50	121.00	81.4474	19.35910
Valid N (listwise)	19				

**Table 1.11. Descriptive Statistics for FD11**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD11	20	59.50	99.38	88.3615	10.24612
S.O.minsFD11	20	.00	10.00	3.2500	2.67788
TotalSleepTimeTSTminsFD11	20	238.00	397.50	353.3000	40.94264
stage1minsFD11	20	10.50	82.50	35.0500	16.99837
Stage2minsFD11	20	86.00	222.50	149.2500	34.07055
Stage3minsFD11	20	6.50	43.50	24.9250	10.51224
Stage4minsFD11	20	26.00	89.00	52.8750	16.83970
REMminsFD11	20	50.50	137.50	91.4250	24.12973
WakeminsFD11	20	2.50	162.00	45.1750	41.77864
numawakFD11	20	2.00	47.00	15.2000	10.90919
WASOFD11	20	1.50	161.00	42.1500	42.03761
SWSFD11	20	43.00	112.50	77.8000	16.68627
Valid N (listwise)	20				

**Table 1.12. Descriptive Statistics for FD12**

## Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SleepEfficiencyFD12	19	35.79	98.88	87.5084	15.20414
S.O.minsFD12	19	.50	158.50	23.8947	38.73076
TotalSleepTimeTSTminsFD12	19	141.00	396.50	349.4211	62.22903
stage1minsFD12	19	9.00	62.00	29.9737	12.24458
Stage2minsFD12	19	49.00	226.00	166.7105	45.03064
Stage3minsFD12	19	11.00	34.00	20.2105	6.95085
Stage4minsFD12	19	13.50	85.00	51.1842	19.38729
REMminsFD12	19	37.50	141.00	82.1316	25.75895
WakeminsFD12	19	3.00	256.00	49.3684	60.58439
numawakFD12	19	1.00	36.00	13.4737	9.60537
WASOFD12	19	.50	182.00	26.2632	41.38450
SWSFD12	19	24.50	104.00	71.3947	19.31147
Valid N (listwise)	19				