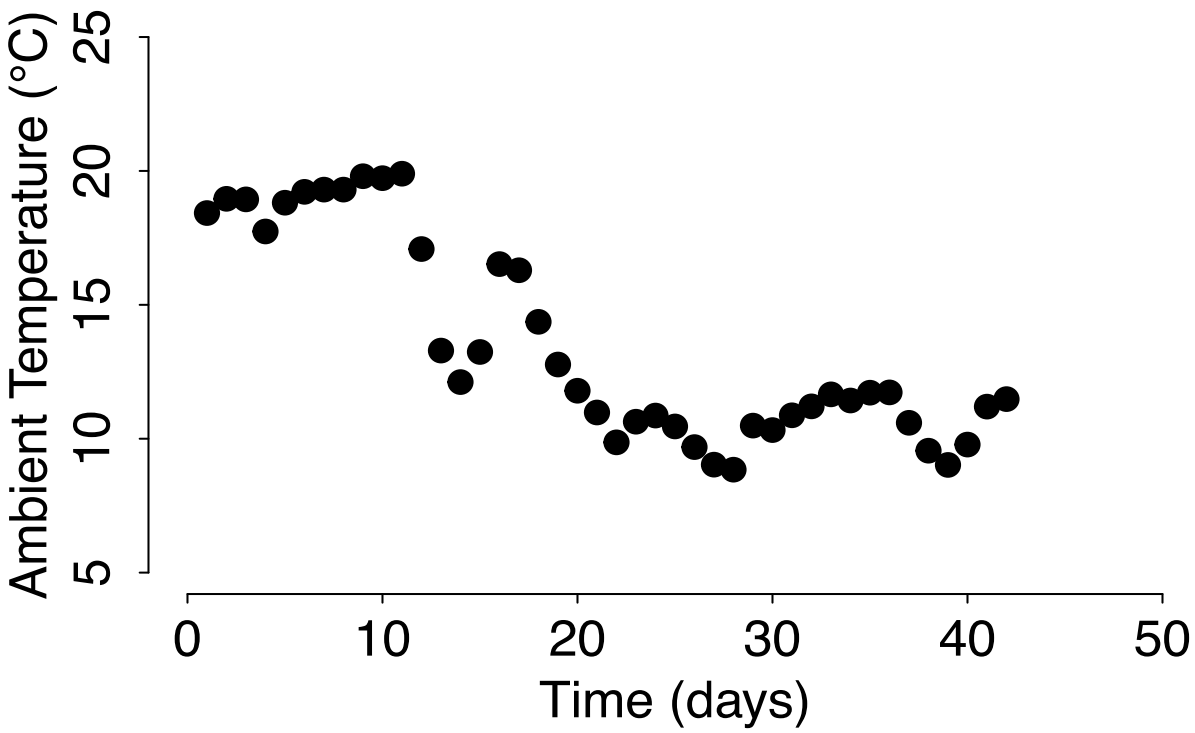

Figure S1. Ambient temperature during the pre-hibernation period (i.e. the first six weeks of experiment).

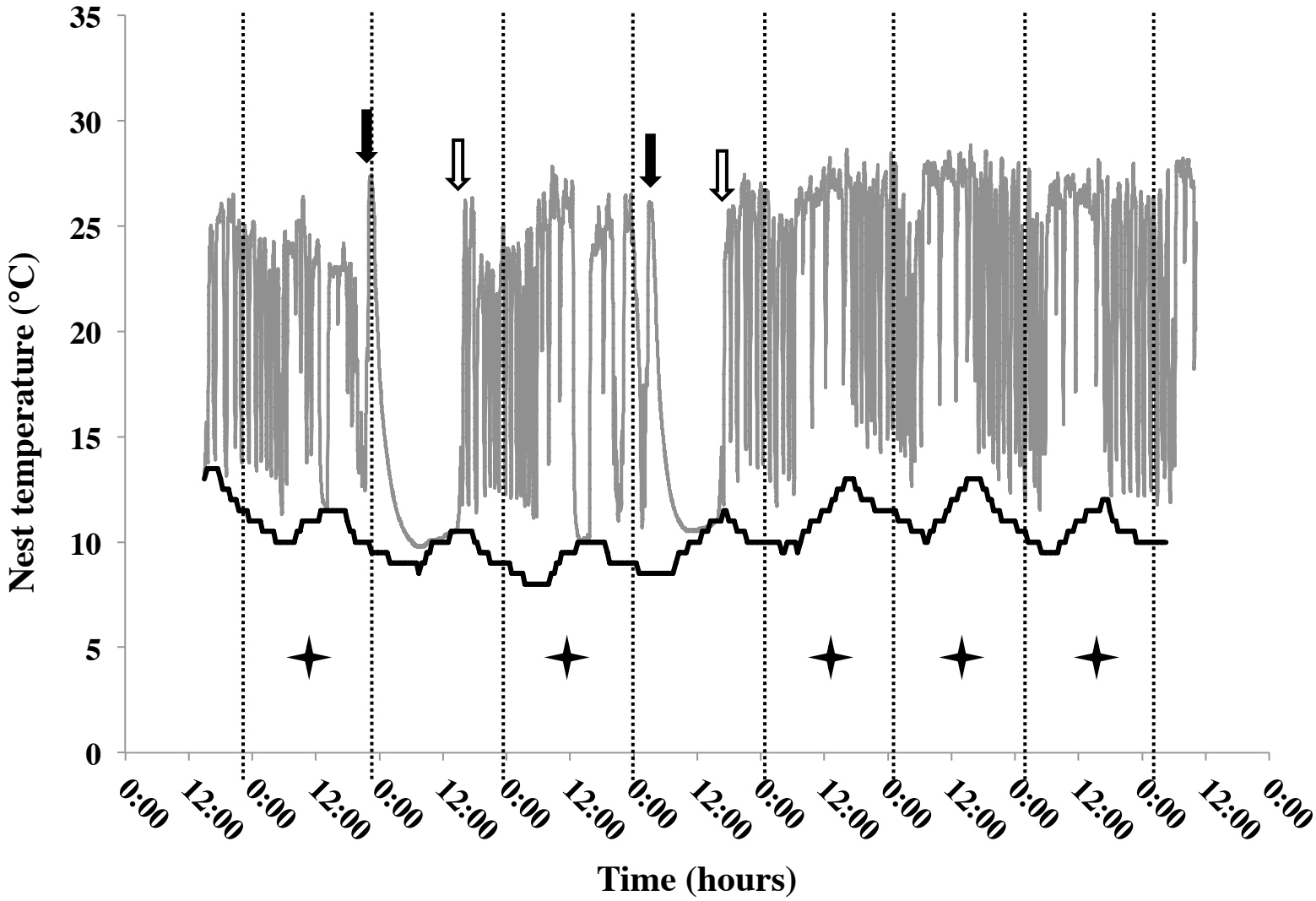

Figure S2. A typical 7-day nest temperature recording (grey line) from an individual during the pre-hibernation period. The continuous black line shows ambient temperature. The beginning and the end of torpor bouts are indicated black and white arrows, respectively. Days without torpor are labelled with black stars.

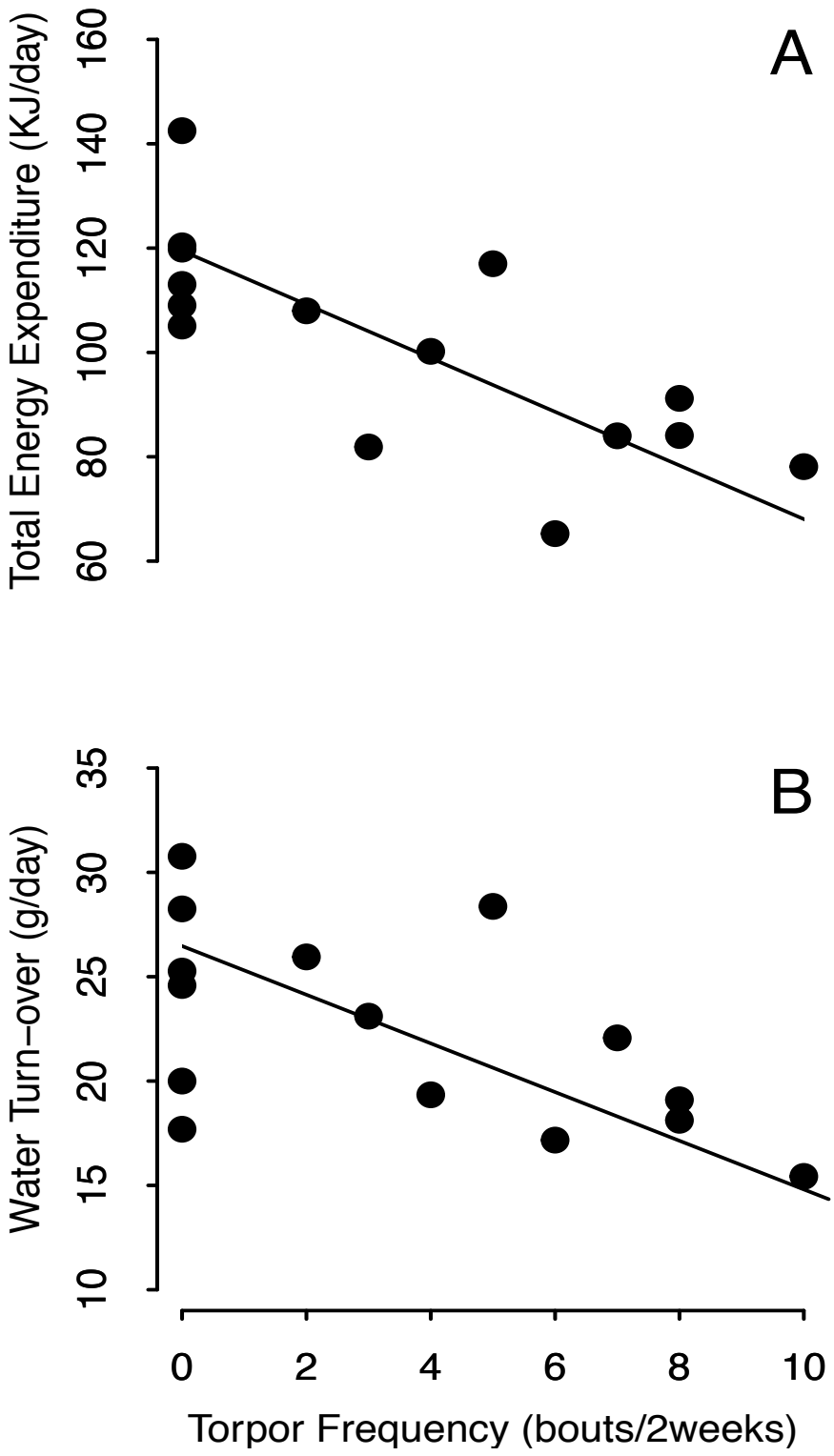

Figure S3. Torpor frequency as a function of (A) total energy expenditure and (B) water turnover across all juvenile dormice fed *ad-libitum* and intermittently-fasted after the first four weeks of experiment.

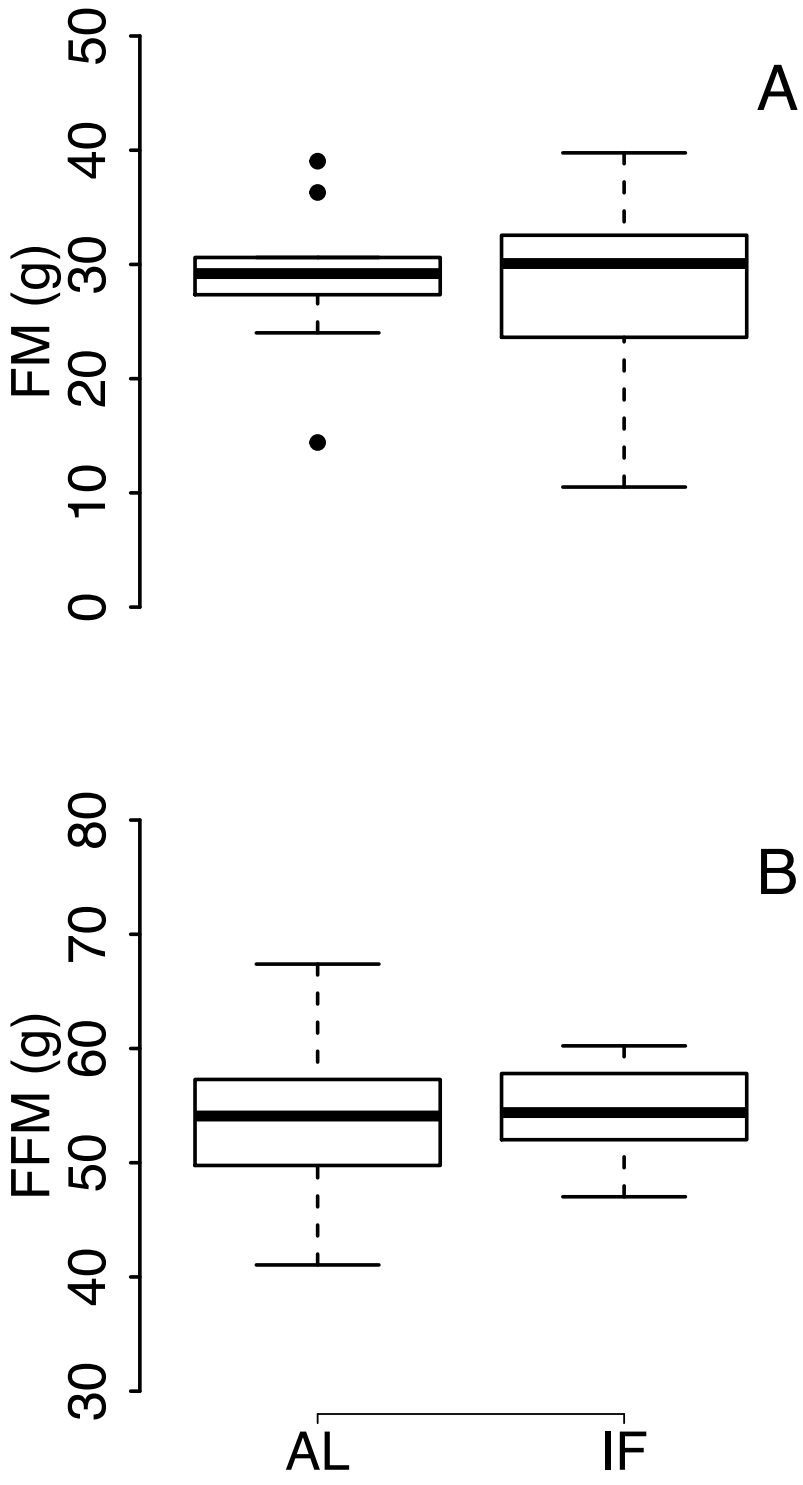

Figure S4. Box-plot graphs of (A) fat mass ('FM') and (B) free-fat mass ('FFM') of late-born juvenile garden dormice fed *ad-libitum* ('AL') and intermittently-fasted ('IF'). There were no significant difference in FM and in FFM between AL and IF groups.

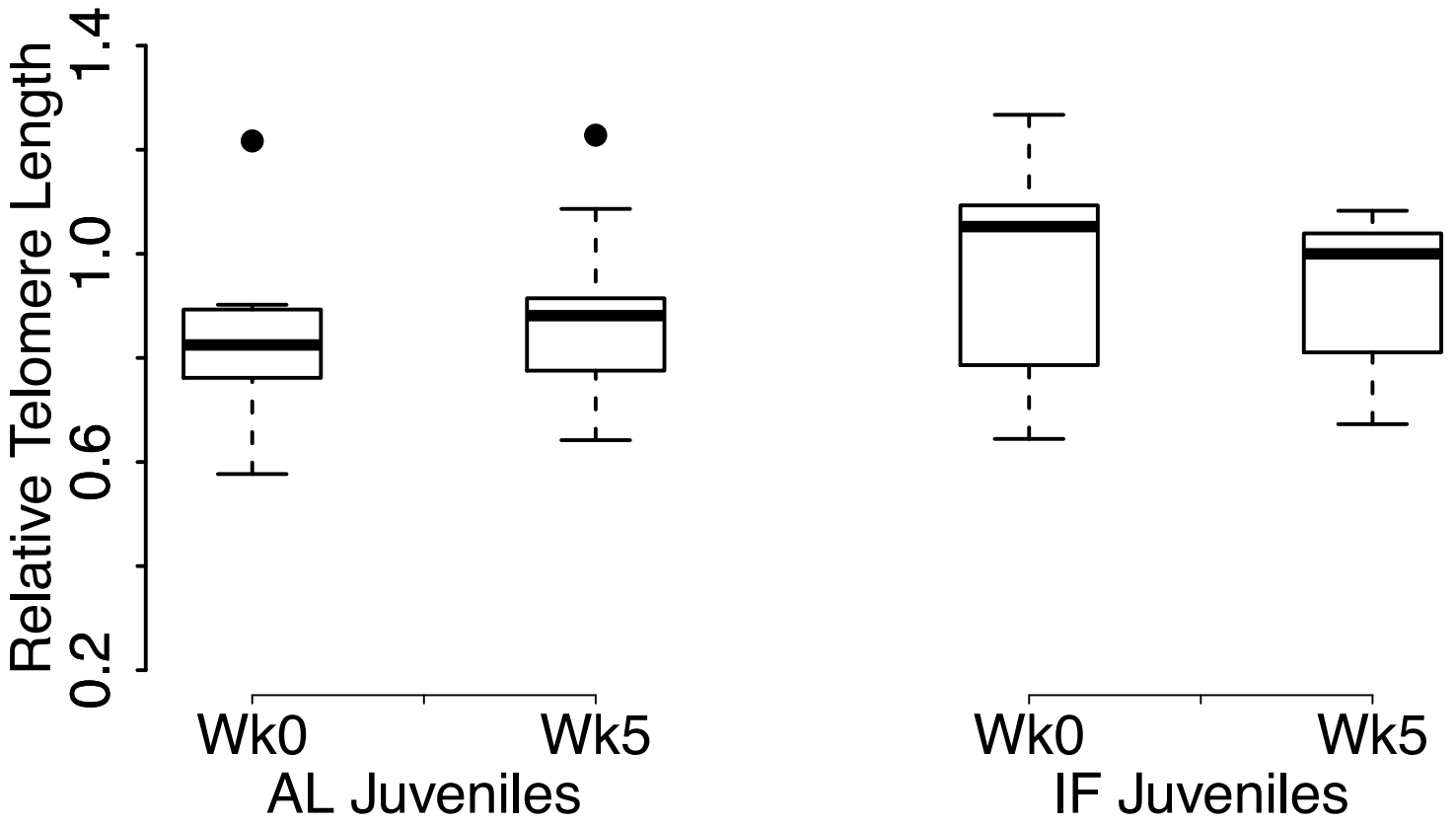

Figure S5. Box-plot graph of Relative Telomere Length at the start of experiment ('Wk0') and after the period of highest summer mass gain ('Wk5') in late-born juvenile garden dormice fed *ad-libitum* ('AL Juveniles') or intermittently-fasted ('IF Juveniles'). No differences were found between AL and IF individuals at the start of experiment, as well as between Wk0 and Wk5 in both AL and IF juveniles.