

21 **Supplemental figure 1** Distribution of hot flashes across the night.
22 Distribution of hot flashes associated with or without an awakening and those that occurred when
23 the women were already awake as a function of hours after lights-out. Six hot flashes occurred in
24 hour 9 but the data are not displayed since women were in bed longer than 8 hours for only a
25 third of the nights (33.3%).
26

- hot flashes not associated with awakenings
- hot flashes associated with awakenings
- hot flashes occurring during wake

