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We encourage authors to provide detailed information *within their submission* to facilitate the interpretation and replication of experiments. Authors can upload supporting documentation to indicate the use of appropriate reporting guidelines for health-related research (see [EQUATOR Network](#)), life science research (see the [BioSharing Information Resource](#)), or the [ARRIVE guidelines](#) for reporting work involving animal research. Where applicable, authors should refer to any relevant reporting standards documents in this form.

If you have any questions, please consult our Journal Policies and/or contact us: editorial@elifesciences.org.

Sample-size estimation

- You should state whether an appropriate sample size was computed when the study was being designed
- You should state the statistical method of sample size computation and any required assumptions
- If no explicit power analysis was used, you should describe how you decided what sample (replicate) size (number) to use

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:

Sample size for the first experiment was estimated based on a pilot experiment that showed increases of 15-25% around standard deviations of 15% along with an assumed Z-value of 1.96, alpha of 0.05 and Beta of 0.2. Two additional subjects were added for the electrical stimulation of the brainstem and scalp experiments. These two additional participants were not represented in the first TMS experiment. However, both participants were familiarized with AIH prior to the experiment and showed increases in corticospinal excitability assessed with transcranial magnetic stimulation following AIH at a previous experiments.

Replicates

- You should report how often each experiment was performed
- You should include a definition of biological versus technical replication
- The data obtained should be provided and sufficient information should be provided to indicate the number of independent biological and/or technical replicates
- If you encountered any outliers, you should describe how these were handled
- Criteria for exclusion/inclusion of data should be clearly stated
- High-throughput sequence data should be uploaded before submission, with a private link for reviewers provided (these are available from both GEO and ArrayExpress)

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:



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Approach to outliers: Trials were excluded if any signs of background contraction during the 100 ms prior to stimulation were detected during a thorough trial by trial visual inspection of the MEPs. Subsequently, MEPs outside of the average plus/minus 2 x SD – range were excluded.



Statistical reporting

- Statistical analysis methods should be described and justified
- Raw data should be presented in figures whenever informative to do so (typically when N per group is less than 10)
- For each experiment, you should identify the statistical tests used, exact values of N, definitions of center, methods of multiple test correction, and dispersion and precision measures (e.g., mean, median, SD, SEM, confidence intervals; and, for the major substantive results, a measure of effect size (e.g., Pearson's r , Cohen's d)
- Report exact p -values wherever possible alongside the summary statistics and 95% confidence intervals. These should be reported for all key questions and not only when the p -value is less than 0.05.

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:

Statistical approach is described in the methods. Center and distribution is disclosed in the first paragraph of the result section and in the in figure legends. Cohen's d was calculated as difference in means divided by the pooled standard deviation, with the assumption of equal variance. The statistical approach is described in the methods section L 453 to 470.

(For large datasets, or papers with a very large number of statistical tests, you may upload a single table file with tests, Ns, etc., with reference to sections in the manuscript.)

Group allocation

- Indicate how samples were allocated into experimental groups (in the case of clinical studies, please specify allocation to treatment method); if randomization was used, please also state if restricted randomization was applied
- Indicate if masking was used during group allocation, data collection and/or data analysis

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn't apply to your submission:

The present study is randomized and crossed over for the first experiment and the STDP+AIH experiment (see methods L. 349 and 445). In the other 3 experiments there were only one test condition and accordingly no allocation.

Additional data files ("source data")

- We encourage you to upload relevant additional data files, such as numerical data that are represented as a graph in a figure, or as a summary table
- Where provided, these should be in the most useful format, and they can be uploaded as "Source data" files linked to a main figure or table
- Include model definition files including the full list of parameters used
- Include code used for data analysis (e.g., R, MatLab)
- Avoid stating that data files are "available upon request"

Please indicate the figures or tables for which source data files have been provided:



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