	Estimated mean change (95% CI)				
3 months		6 months		12 months	
Dippers	Nondippers	Dippers	Nondippers	Dippers	Nondippers
.32 (.21 to .43)	.31 (.21 to .41)	.54 (.42 to .66)	.49 (.37 to	.58 (.45 to .7)	.51 (.39 to .63)
.22 (.01 to .42)	.17 (–.01 to	.33 (.13 to .52)	.35 (.17 to 52)	.44 (.24 to .64)	.37 (.17 to .56)
.14 (01 to .29)	.14 (.002 to .28)	.32 (.15 to .5)	.19 (.03 to 35)	.29 (.09 to .49)	.26 (.07 to .45)
.56 (.35 to .77)	.49 (.29 to .68)	.98 (.72 to 1.23)	.88 (.64 to 1.11)	1.04 (.8 to 1.28)	.93 (.7 1.15)
.39 (.2 to .57)	.46 (.29 to .62)	.52 (.31 to 73)	.56 (.36 to .75)	.5 (.28 to .73)	.52 (.3 to .73)
2.1 (–2.5 to 6.7)	6.9 (2.7 to 11.1)	1.8 (-3 to 6.6)	9.4 (4.9 to 13.8)	1 (-5.4 to 5.1)	6.8 (1.9 to 11.7)
.9 (9 to 2.4)	2.9 (1.5 to 4.3)	.4 (-1.2 to 1.9)	3.4 (2 to 4.8)	4 (-2.1 to 1.3)	1.7 (.2 to 3.3)
8 (-1.9 to .3)	3 (-1.3 to .6)	7 (-1.8 to .5)	.2 (-1.2 to .8)	8 (-1.8 to .3)	3 (-1.2 to .7)
3.1 (–4.1 to 10.3)	6.1 (6 to 12.7)	5.9 (-1.4 to 13.2)	9.3 (2.6 to 16)	7.7 (1 to 15.5)	3 (-7.7 to 7)
.2 (-1.9 to 2.3)	2.1 (.1 to 4)	1.7 (9 to 4.3)	3.5 (1.1 to 5.8)	1.2 (-1.5 to 4)	.6 (-2 to 3.2)
1.1 (-1.8 to 4)	7 (-3.4 to 1.9)	1.5 (-2.3 to 5.2)	6 (-4 to 2.9)	-2.1 (-4.3 to01)	3 to -2.3 to 1.7)
.04 (004 to .09)	.025 (04 to .09)	.03 (03 to .08)	.06 (.01 to 11)	.04 (01 to .09)	.02 (03 to .07)
.15 (.001 to .27)	.21 (.08 to .35)	.13 (01 to .27)	.11 (01 to .24)	.1 (04 to .25)	.17 (.04 to .31)
-4.4 (-8.3 to	.2 (-3.3 to 3.6)	-6.2 (-10.6 to -1.9)	.7 (-3.2 to 4.5)	-5.6 (-9.3 to -1.9)	1.9 (-1.8 to 5.5)
-1.1 (-3.3 to	9 (-2.9 to	-2.6 (-5.1 to -	.1 (-2.1 to	-2.7 (-5.3 to	.5 (-2.1 to 3.1)
7 (-4.7 to 3.3) .4 (-2.1 to	-3.8 (-7.4 to 2) -2.2 (-4.5 to	2.5 (-1.8 to 6.7) 2.2 (4 to 4.7)	-3.1 (-6.9 to .6) -1.3 (-3.6 to	-2.9 (-6.5 to .7) 6 (-2.8 to	-3.1 (-6.6 to .4) -1.8 (-4 to .4)
	Dippers .32 (.21 to .43) .22 (.01 to .42) .14 (01 to .29) .56 (.35 to .77) .39 (.2 to .57) 2.1 (-2.5 to 6.7) .9 (9 to 2.4) 8 (-1.9 to .3) 3.1 (-4.1 to 10.3) .2 (-1.9 to 2.3) 1.1 (-1.8 to 4) .04 (004 to .09) .15 (.001 to .27) -4.4 (-8.3 to6) -1.1 (-3.3 to 1.1)7 (-4.7 to 3.3)	Dippers Nondippers .32 (.21 to .43) .31 (.21 to .41) .22 (.01 to .42) .36) .14 (01 to .29) .28) .56 (.35 to .77) .68) .39 (.2 to .57) .62) 2.1 (-2.5 to .6.7) .46 (.29 to .57) .57) .62) 2.1 (-2.5 to .6.7) .46 (.29 to .46) .57) .62) 2.1 (-2.5 to .6.7) .45 (.29 to .46) .57) .62) 2.1 (-2.5 to .6.9 (2.7 to .43) .60 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 .57) .50 <td>Dippers Nondippers Dippers .32 (.21 to .43) .31 (.21 to .41) .54 (.42 to .66) .43) .41) .22 (.01 to .17 (01 to .33 (.13 to .52) .42) .36) .14 (.002 to .32 (.15 to .5) .29 .28) .56 (.35 to .49 (.29 to .77) .68) 1.23) .39 (.2 to .77) .68) 1.23) .39 (.2 to .52) .57) .62) .52 (.31 to 73) 2.1 (-2.5 to .6.9 (2.7 to .77) 1.8 (-3 to 6.6) 6.7) 11.1) .9 (9 to 2.4) 2.9 (1.5 to .4 (-1.2 to 1.9) 4.3) 8 (-1.9 to .3 (-1.3 to .7 (-1.8 to .5) .3) .6) 3.1 (-4.1 to .6.1 (-6 to .5.9 (-1.4 to .10.3) 12.7) 13.2) .2 (-1.9 to .2.1 (.1 to 4) 1.7 (9 to 4.3) 2.3) 1.1 (-1.8 to .7 (-3.4 to .1.5 (-2.3 to .5.2) .04 (004 to .09 .09) .08 (03 to .08) .15 (.001 to .21 (.08 to .13 (01 to .27) .35) .27) -4.4 (-8.3 to .27) .2 (-3.3 to .6.2 (-10.6 to .1.9) -1.1 (-3.3 to9 (-2.9 to .1.9) -2.6 (-5.1 to .1.9) -1.1 (-3.3 to9 (-2.9 to .2.6 (-5.1 to .1.9)</td> <td>Dippers Nondippers Dippers Nondippers .32 (.21 to .43) .31 (.21 to .41) .54 (.42 to .66) .49 (.37 to .60) .22 (.01 to .43) .41) .60 .35 (.17 to .52) .42) .36) .52 (.15 to .5) .19 (.03 to .52) .14 (01 to .14 (.002 to .29) .28) .35) .56 (.35 to .49 (.29 to .98 (.72 to .88 (.64 to .77) .68) 1.23) 1.11) .39 (.2 to .46 (.29 to .52) .52 (.31 to 73) .56 (.36 to .57) .56 (.36 to .57) .52 (.31 to 73) .56 (.36 to .57) 2.1 (-2.5 to .6.2) .75) .62) .75) .52 (.31 to 73) .56 (.36 to .75) 2.1 (-2.5 to .6.9 (2.7 to .52) .1.8 (-3 to 6.6) .9.4 (4.9 to .75) .57) 2.1 (-2.5 to .6.9 (2.7 to .75) .1.8 (-3 to 6.6) .9.4 (4.9 to .75) .57) .62) .75) 2.1 (-2.5 to .6.9 (2.7 to .75) .1.8 (-3 to 6.6) .9.4 (4.9 to .75) .57) .62) .75 2.1 (-2.5 to .57) .4 (-1.2 to 1.9) .3.4 (2 to 4.8) .59) .9 (2.9 to .76) .2 (-1.8 to .5) .2 (-</td> <td>Dippers Nondippers Dippers Nondippers Dippers Nondippers Dippers .32 (.21 to .43) .31 (.21 to .44) .54 (.42 to .66) .49 (.37 to .58 (.45 to .64) .58 (.45 to .67) .43) .41) .60 .7) .22 (.01 to .42) .36) .52 (.17 to .44 (.24 to .64) .44 (.01 to .44) .36 (.35 to .49 (.29 to .32 (.15 to .5)) .19 (.03 to .29 (.09 to .29) .29 (.28) .35 (.35 to .49 (.29 to .98 (.72 to .31 to .33)) .56 (.36 to .5 (.28 to .57) .39 (.2 to .46 (.29 to .52 (.31 to .73)) .56 (.36 to .5 (.28 to .57) .57) .62) .52 (.31 to .73) .56 (.36 to .5 (.28 to .57) .57) .62) .52 (.31 to .73) .56 (.36 to .5 (.28 to .57) .73) 2.1 (-2.5 to .69 (2.7 to .62) 1.8 (-3 to 6.6) 9.4 (4.9 to .75) .7 (-5.4 to .57) .57) .62) .52 (.31 to .73) .56 (.36 to .5 (.28 to .51) .9 (-9 to 2.4) 2.9 (1.5 to .4 (-1.2 to 1.9) 3.4 (2 to 4.8) 1 (-5.4 to .51) .9 (-9 to 2.4) 2.9 (1.5 to .4 (-1.2 to 1.9) 3.4 (2 to 4.8) 4 (-2.1 to .51) .3 (-1.3 to .</td>	Dippers Nondippers Dippers .32 (.21 to .43) .31 (.21 to .41) .54 (.42 to .66) .43) .41) .22 (.01 to .17 (01 to .33 (.13 to .52) .42) .36) .14 (.002 to .32 (.15 to .5) .29 .28) .56 (.35 to .49 (.29 to .77) .68) 1.23) .39 (.2 to .77) .68) 1.23) .39 (.2 to .52) .57) .62) .52 (.31 to 73) 2.1 (-2.5 to .6.9 (2.7 to .77) 1.8 (-3 to 6.6) 6.7) 11.1) .9 (9 to 2.4) 2.9 (1.5 to .4 (-1.2 to 1.9) 4.3) 8 (-1.9 to .3 (-1.3 to .7 (-1.8 to .5) .3) .6) 3.1 (-4.1 to .6.1 (-6 to .5.9 (-1.4 to .10.3) 12.7) 13.2) .2 (-1.9 to .2.1 (.1 to 4) 1.7 (9 to 4.3) 2.3) 1.1 (-1.8 to .7 (-3.4 to .1.5 (-2.3 to .5.2) .04 (004 to .09 .09) .08 (03 to .08) .15 (.001 to .21 (.08 to .13 (01 to .27) .35) .27) -4.4 (-8.3 to .27) .2 (-3.3 to .6.2 (-10.6 to .1.9) -1.1 (-3.3 to9 (-2.9 to .1.9) -2.6 (-5.1 to .1.9) -1.1 (-3.3 to9 (-2.9 to .2.6 (-5.1 to .1.9)	Dippers Nondippers Dippers Nondippers .32 (.21 to .43) .31 (.21 to .41) .54 (.42 to .66) .49 (.37 to .60) .22 (.01 to .43) .41) .60 .35 (.17 to .52) .42) .36) .52 (.15 to .5) .19 (.03 to .52) .14 (01 to .14 (.002 to .29) .28) .35) .56 (.35 to .49 (.29 to .98 (.72 to .88 (.64 to .77) .68) 1.23) 1.11) .39 (.2 to .46 (.29 to .52) .52 (.31 to 73) .56 (.36 to .57) .56 (.36 to .57) .52 (.31 to 73) .56 (.36 to .57) 2.1 (-2.5 to .6.2) .75) .62) .75) .52 (.31 to 73) .56 (.36 to .75) 2.1 (-2.5 to .6.9 (2.7 to .52) .1.8 (-3 to 6.6) .9.4 (4.9 to .75) .57) 2.1 (-2.5 to .6.9 (2.7 to .75) .1.8 (-3 to 6.6) .9.4 (4.9 to .75) .57) .62) .75) 2.1 (-2.5 to .6.9 (2.7 to .75) .1.8 (-3 to 6.6) .9.4 (4.9 to .75) .57) .62) .75 2.1 (-2.5 to .57) .4 (-1.2 to 1.9) .3.4 (2 to 4.8) .59) .9 (2.9 to .76) .2 (-1.8 to .5) .2 (-	Dippers Nondippers Dippers Nondippers Dippers Nondippers Dippers .32 (.21 to .43) .31 (.21 to .44) .54 (.42 to .66) .49 (.37 to .58 (.45 to .64) .58 (.45 to .67) .43) .41) .60 .7) .22 (.01 to .42) .36) .52 (.17 to .44 (.24 to .64) .44 (.01 to .44) .36 (.35 to .49 (.29 to .32 (.15 to .5)) .19 (.03 to .29 (.09 to .29) .29 (.28) .35 (.35 to .49 (.29 to .98 (.72 to .31 to .33)) .56 (.36 to .5 (.28 to .57) .39 (.2 to .46 (.29 to .52 (.31 to .73)) .56 (.36 to .5 (.28 to .57) .57) .62) .52 (.31 to .73) .56 (.36 to .5 (.28 to .57) .57) .62) .52 (.31 to .73) .56 (.36 to .5 (.28 to .57) .73) 2.1 (-2.5 to .69 (2.7 to .62) 1.8 (-3 to 6.6) 9.4 (4.9 to .75) .7 (-5.4 to .57) .57) .62) .52 (.31 to .73) .56 (.36 to .5 (.28 to .51) .9 (-9 to 2.4) 2.9 (1.5 to .4 (-1.2 to 1.9) 3.4 (2 to 4.8) 1 (-5.4 to .51) .9 (-9 to 2.4) 2.9 (1.5 to .4 (-1.2 to 1.9) 3.4 (2 to 4.8) 4 (-2.1 to .51) .3 (-1.3 to .

outcomes.

Confidence intervals not including zero (i.e., bold numbers) indicate significant estimated mean change from baseline adjusting for age, education, gender, presence of hypertension and type 2 diabetes.

Abbreviations: 95% CI, confidence interval; DT, dual-task gait serial sevens; cIMT, carotid intima-media thickness; cAC, carotid arterial compliance; SBP, systolic blood pressure; DBP, diastolic blood pressure.