Chronotype and social jetlag influence human circadian clock gene expression

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	Low SJL group (n =12)	High SJL group (n =12)	P value
Age (years)	27.3 ± 1.1	25.8 ± 1.3	0.391
Height (cm)	173.5 ± 1.5	172.1 ± 1.4	0.482
Weight (kg)	68.8 ± 1.8	67.3 ± 2.8	0.667
BMI	22.8 ± 0.5	22.7 ± 0.7	0.852
MEQ score	56.5 ± 2.8	42.6 ± 3.3**	0.004
Wake-up time at weekday (h)	7.0 ± 0.4	7.8 ± 0.4	0.142
Bedtime at weekday (h)	23.9 ± 0.4	24.7 ± 0.3	0.132
Wake-up time at weekend (h)	7.7 ± 0.5	10.4 ± 0.4*	0.011
Bedtime at weekend (h)	24.2 ± 0.4	25.6 ± 0.3**	0.001
Socail jetlag time (h)	0.5 ± 0.1	1.8 ± 0.1**	0.001

Table S1. Physical characteristics of low and high SJL groups.
All data are presented as means ± SE.
P value : un-paired t-test; between groups, *P<0.05, **P<0.01 vs SJL low group

Breakfast		*NR1D1*	*NR1D2*	*PER3*
Friday	*r*	-0.009	0.403	0.444
	p	0.974	0.109	0.074
Monday	*r*	0.101	-0.366	-0.152
	p	0.680	0.123	0.534

Lunch		*NR1D1*	*NR1D2*	*PER3*
Friday	*r*	0.108	0.271	0.032
	p	0.614	0.200	0.883
Monday	*r*	-0.112	0.229	0.337
	p	0.601	0.282	0.107

Dinner		*NR1D1*	*NR1D2*	*PER3*
Friday	*r*	0.068	0.469	0.267
	p	0.751	0.021	0.206
Monday	*r*	0.410	0.536	0.576
	p	0.052	0.008	0.004

Table S2. The correlations between peak time of each clock gene and time of breakfast, lunch, and dinner in Friday and Monday trials.
* Breakfast in Friday trials n = 17, breakfast in Monday trials n = 19; * Dinner in Monday trials n = 23