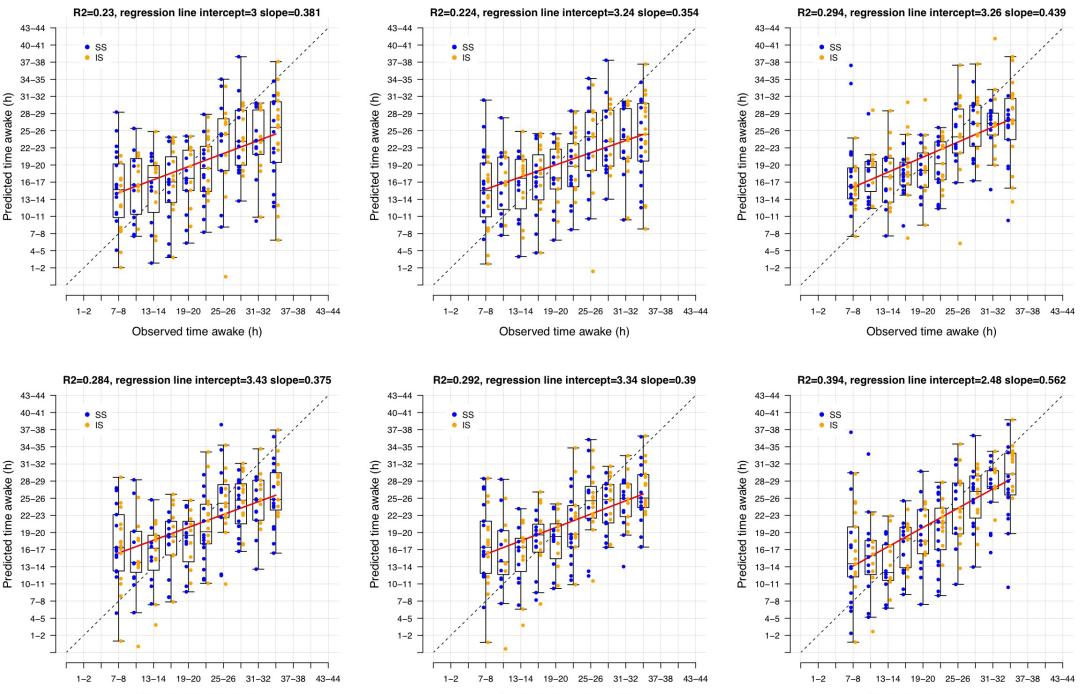
Pages 2-7 provide the prediction/classification results for all approaches taken. Layout of the figures : Upper panel; *a priori* + Ridge, *a priori* + Elastic-net, All features + Elastic-net trained on the Unique participants and samples training set and applied to the corresponding validation set. Lower panel; a priori + Ridge, a priori + Elastic-net, All features + Elastic-net trained on the Overlapping participants and unique samples training set and applied to the corresponding validation set.

Pages 8-17 provide the classification results for all time points when classifying sleep increase/decrease. Layout of the figures; *a priori* + Ridge, *a priori* + Elastic-net, All features + Elastic-net trained on the Unique participants and samples training set and applied to the corresponding validation set.

Time awake, between-subject

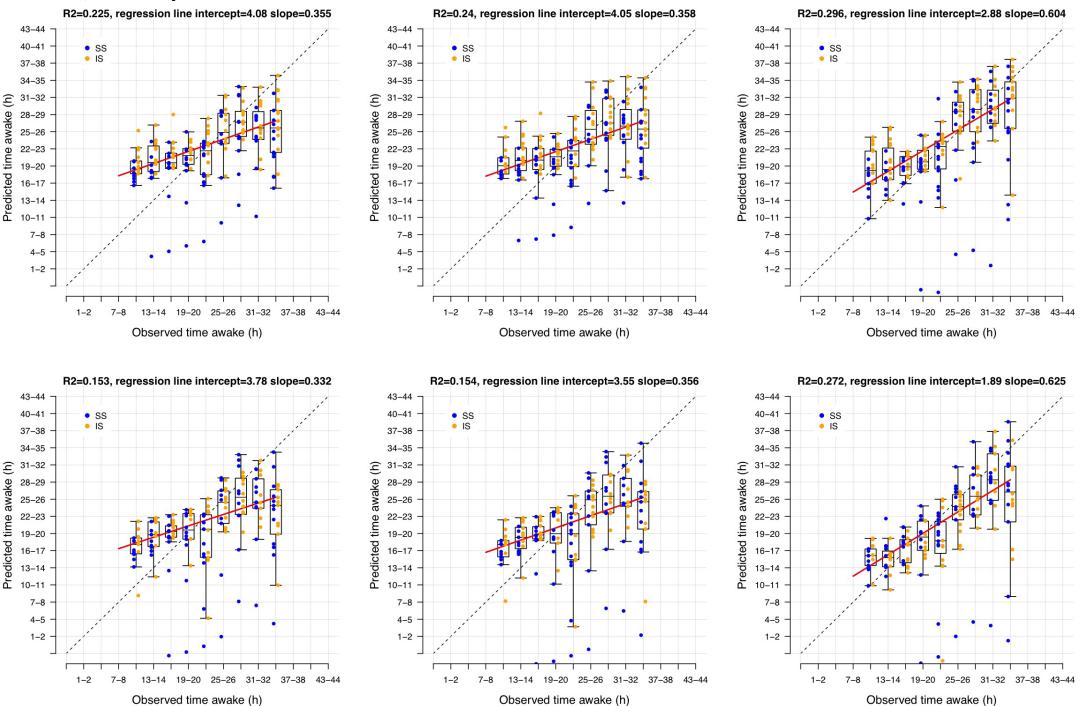


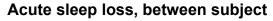
Observed time awake (h)

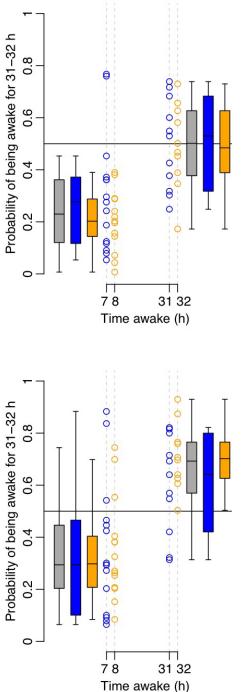
Observed time awake (h)

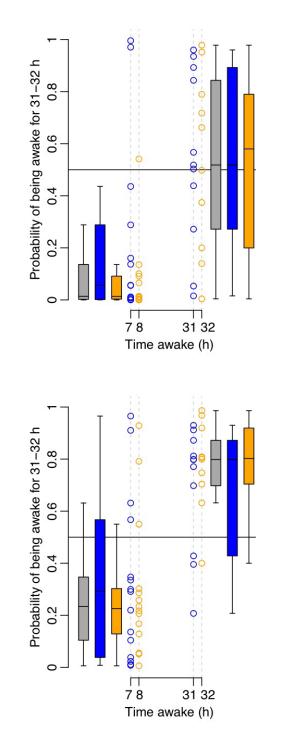
Observed time awake (h)

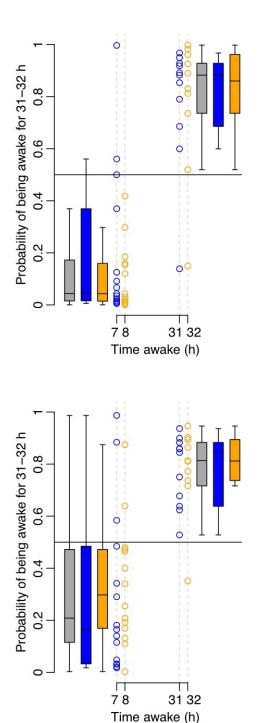
Time awake, within-subject



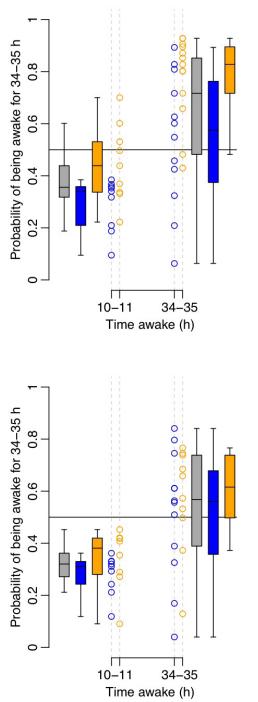


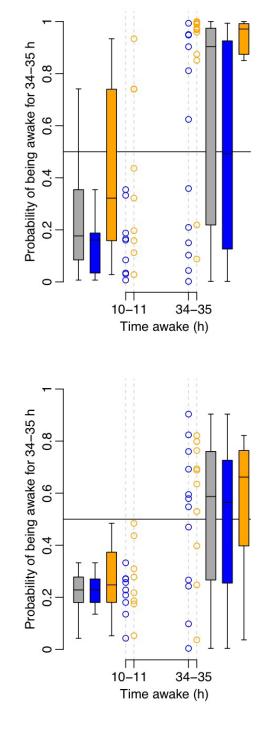


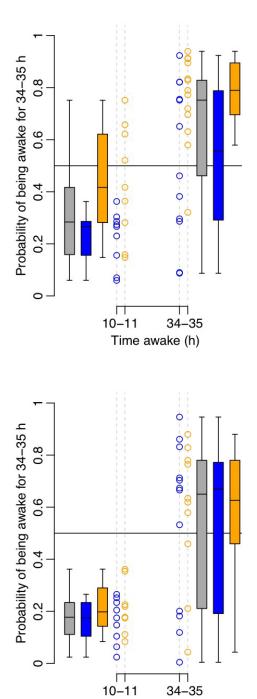




Acute sleep loss, within-subject

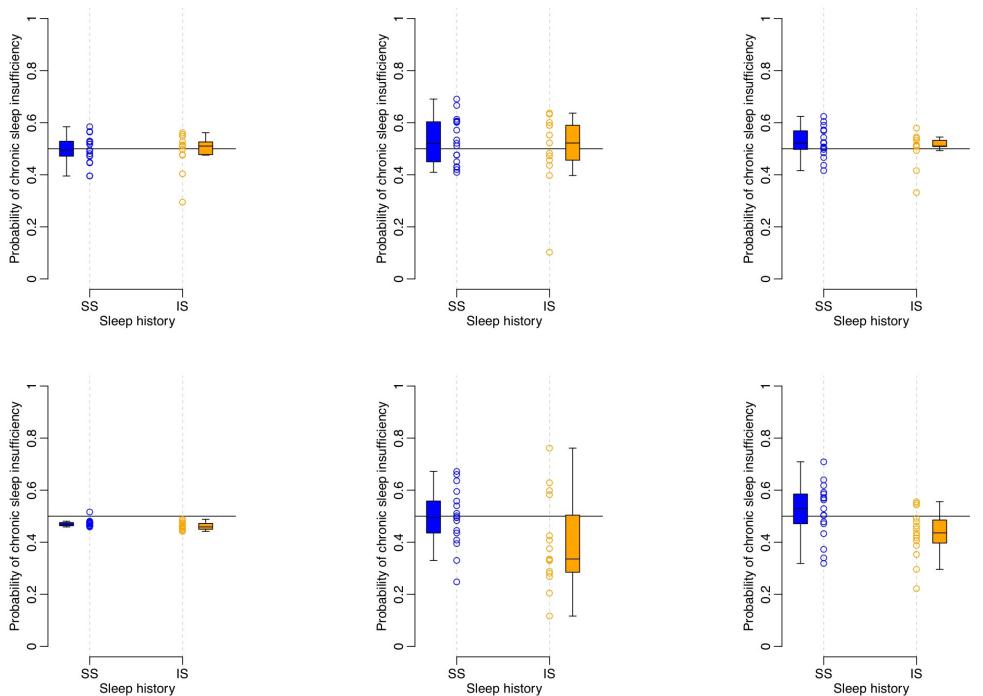




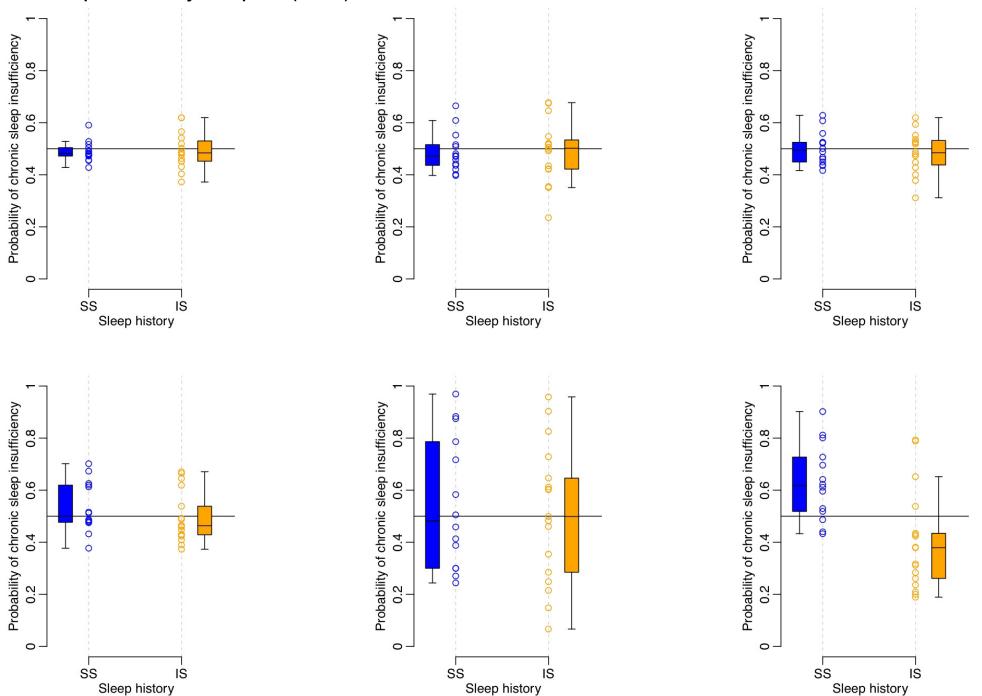


Time awake (h)

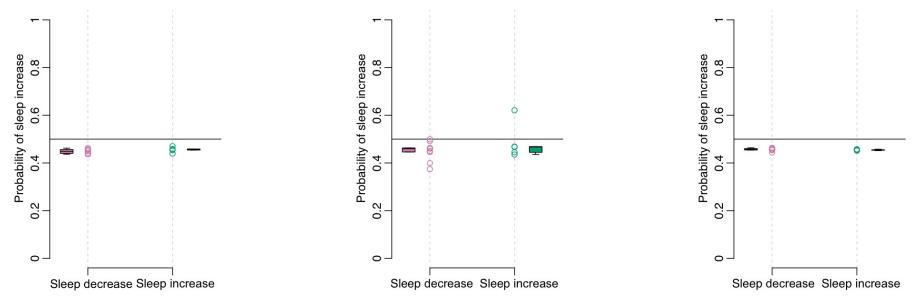
Chronic sleep insufficiency - sample #1 (or #2)



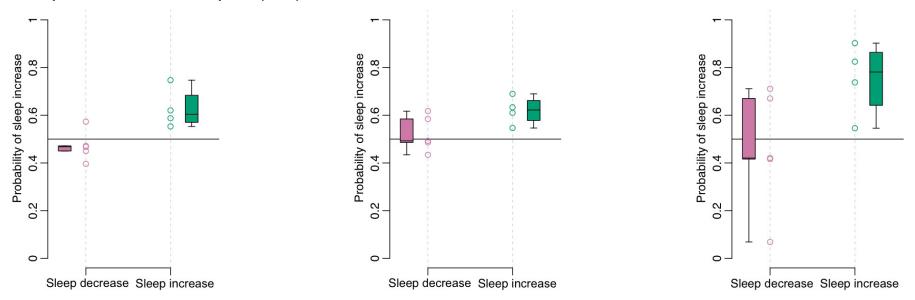
Chronic sleep insufficiency - sample #9 (or #10)



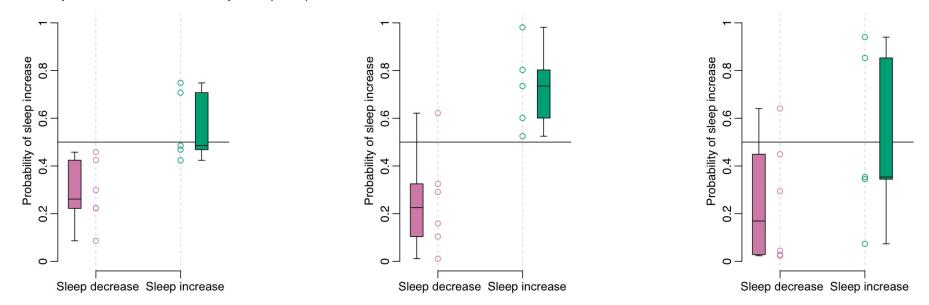
Sleep increase/decrease - sample #1 (or #2)



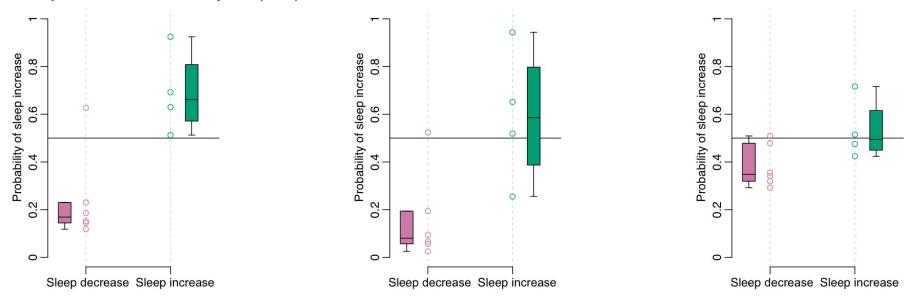
Sleep increase/decrease - sample #2 (or #3)



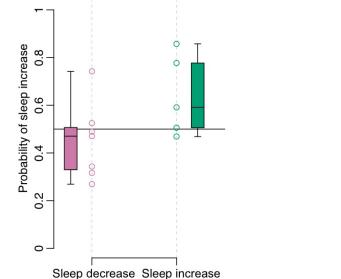
Sleep increase/decrease - sample #3 (or #4)

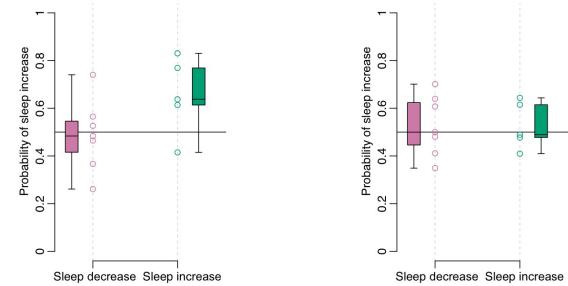


Sleep increase/decrease - sample #4 (or #5)

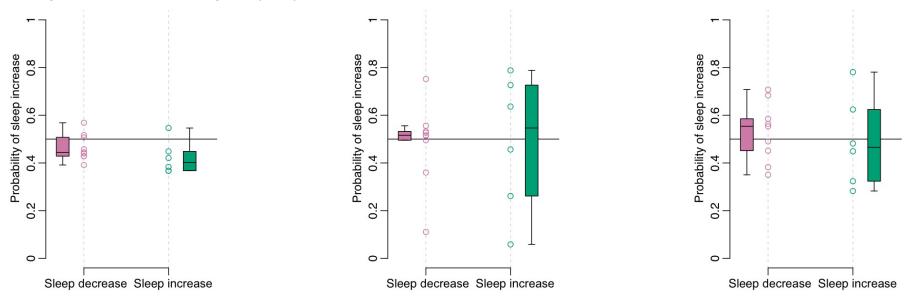


Sleep increase/decrease - sample #5 (or #6)

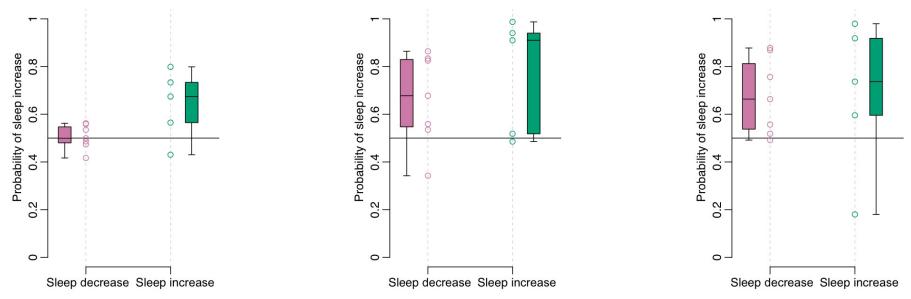




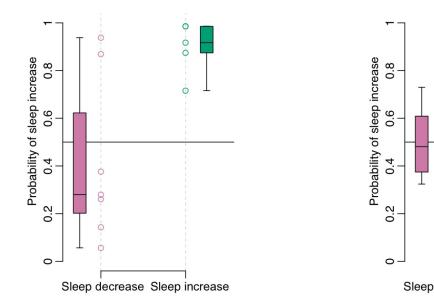
Sleep increase/decrease - sample #6 (or #7)



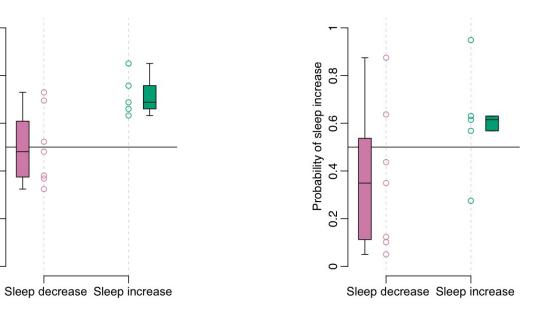
Sleep increase/decrease - sample #7 (or #8)

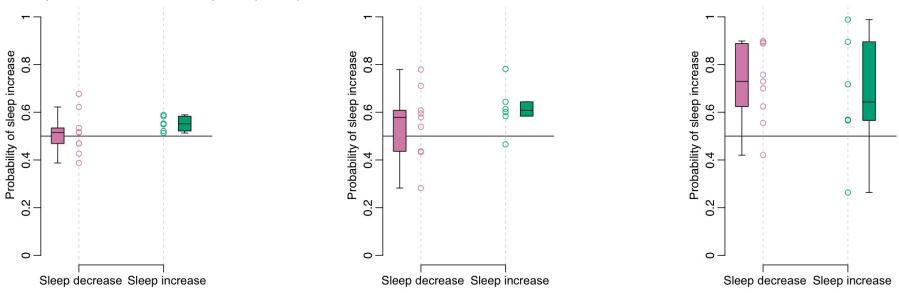


Sleep increase/decrease - sample #8 (or #9)



0





Sleep increase/decrease - sample #9 (or #10)

Sleep increase/decrease - sample #10 (or #9)

