

Supplemental Table 1. Circadian rhythmicity parameter definitions

Term	Description	Definition
Width Ratio	Duration of high activity	Fraction of the day that activity is above the mesor. Bigger values = longer durations of high activity.
Up-Mesor	Time of day when participants became active	Time when participants switched from low to high activity (from below the mesor to above the mesor). Bigger values = later time of day.
Down-Mesor	Time of day when participants' activity declined for the evening	Time when participants switched from high to low activity (from above the mesor to below the mesor). Bigger values = later time of day.
F-statistic	Overall circadian rhythmicity	An adjustment to R-squared accounting for the number of observations and the number of parameters in the model. Bigger values = more rhythmic patterns of sleep and activity.