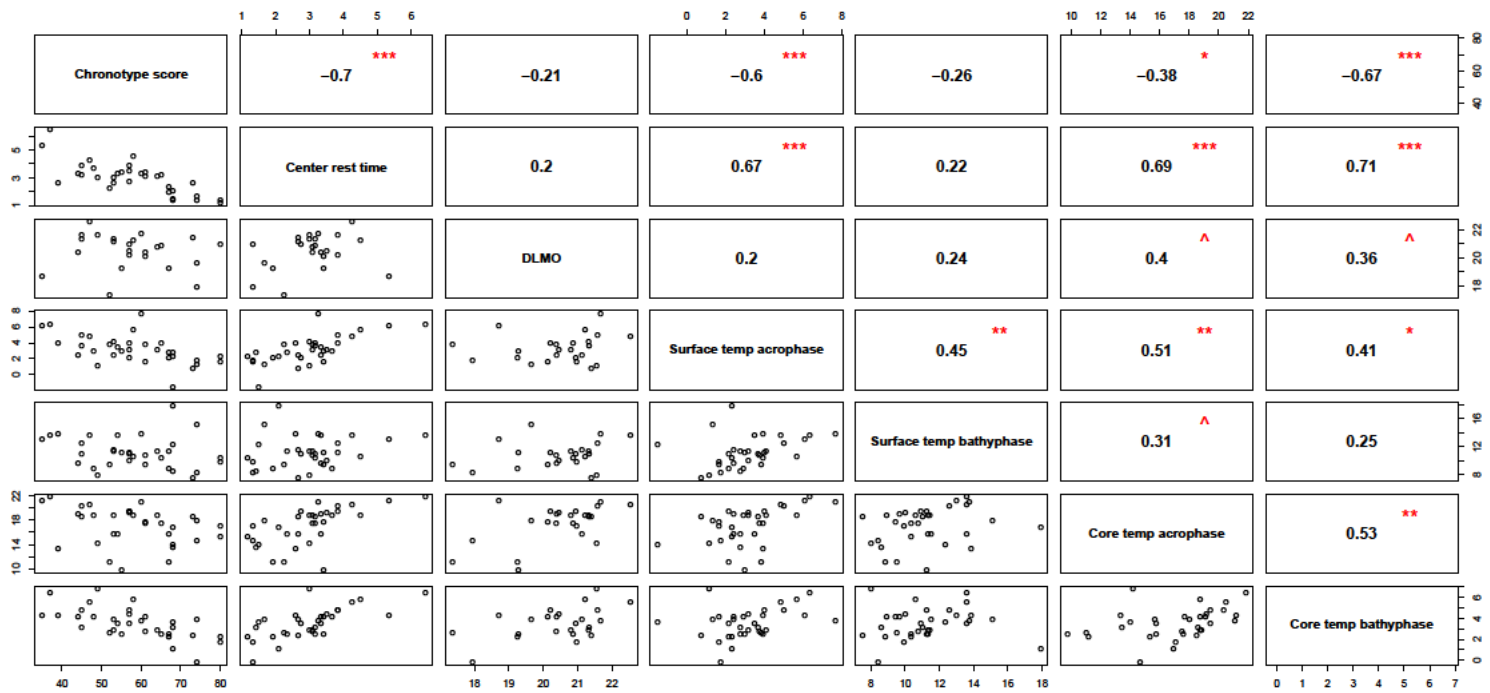


Table S1: Participants' main characteristics

	Number of subjects	%
Sex		
M	15	45.5%
F	18	54.5%
Age		
< 40 y.o.	18	54.5%
≥ 40 y.o	15	45.5%
BMI		
Less than 18.5 - underweight	0	0%
18.5 to 24.9 - healthy weight	18	54.5%
25 to 29.9 - overweight	13	39.4%
30 to 39.9 - obese	1	3.0%
40 and over - morbidly obese	1	3.0%
Work Status		
Student	11	33.3%
Worker	15	45.5%
Retired	7	21.2%
Lifestyle		
Sedentary	12	36.4%
Sporty	4	12.1%
Variable-Irregular	17	51.5%
Chronotype		
Definite morning	5	15.2%
Moderate morning	10	30.3%
Intermediate	15	45.5%
Moderate evening	3	9.1%
Definite evening	0	0%
Medical condition		
None	22	66.7%
Past	3	9.1%

Ongoing	8	24.2%
Main medical conditions		
Mild high blood pressure	3	9.1%
Hypercholesterolemia	2	6.1%
Medication		
None	25	75.8%
One	3	9.1%
> Two	5	15.1%
Most frequent medications		
Antihypertensive	4	12.1%
Metabolic disorder therapy	3	9.1%
Contraceptive methods		
None	6	18.2%
Pill	5	15.1%
Intrauterine device or system	3	9.1%
Not applicable (menopausal females)	4	12.1%
Not applicable (males)	15	45.5%

Figure S1: Multiple correlation matrix of phase indicators

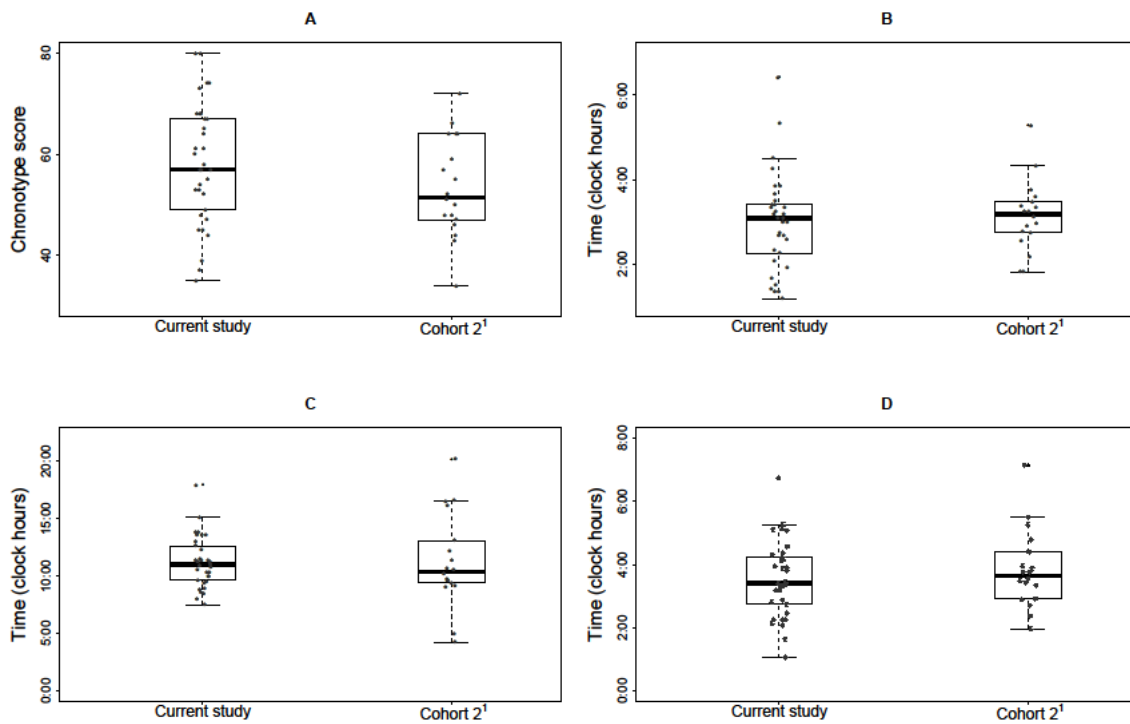


Spearman correlation coefficients with stars indicating p-value levels,

i.e. 0 '***' 0-001 '**' 0-01 '*' 0-05 '^' 0-1.

DLMO stands for Dim Light Melatonin Onset

Figure S2: Comparative distribution of circadian phase estimates in current study and independent data set.



Panel A: Boxplots of chronotype scores for subjects in current study (left N=33) and cohort 2(1) (right N=18).

Panel B: Boxplots of center-of-rest times.

Panel C: Boxplots of chest surface temperature bathyphase.

Panel D: Boxplots of predicted core body temperature bathyphase using the INTime model.

References

1. Komarzynski S, Huang Q, Innominato PF, Maurice M, Arbaud A, Beau J, et al. Relevance of a Mobile Internet Platform for Capturing Inter- and Intrasubject Variabilities in Circadian Coordination During Daily Routine: Pilot Study. *J Med Internet Res.* 2018;20(6):e204.