Table S1. Total number of participants with excluded data within 4 weekly intervals (n = 124).

Hours Excluded	Number of participants Week 1	Number of participants Week 2	Number of participants Week 3	Number of participants Week 4
2hrsExcluded	10	24	15	37
4hrsExcluded	6	12	9	27
6hrsExcluded	4	9	7	21

These counts are not mutually exclusive in that the 6 participants in week 1 with 4 hours excluded might also be counted in week 2 with having 4 hours of excluded data as well. Week 4 data were not used for weekly analyses.
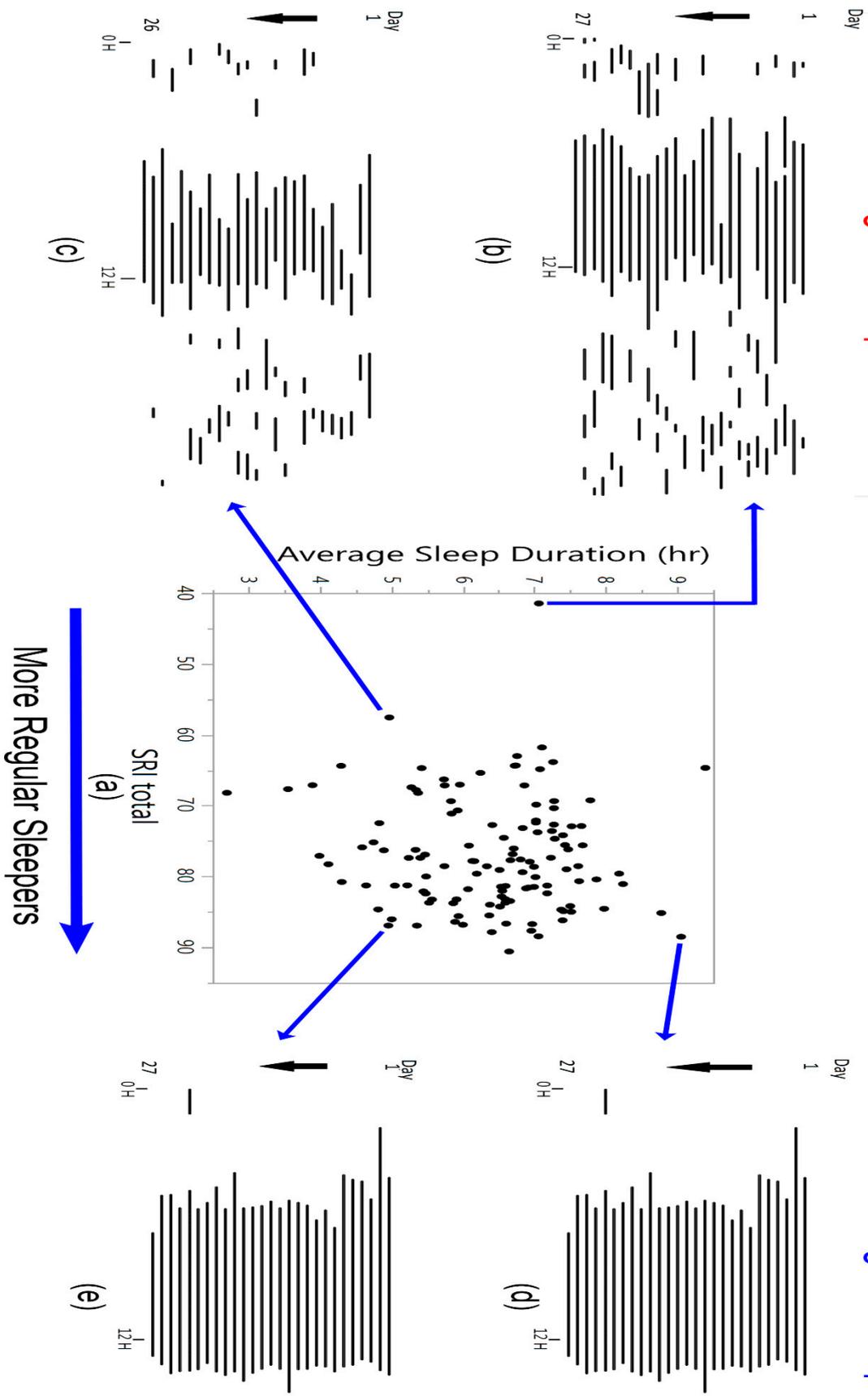
Irregular Sleepers

Regular Sleepers

More Regular Sleepers

Average Sleep Duration (hr)

SRI total
(a)

(b) (c) (d) (e)

Figure S1. Average sleep duration vs. SRI (N= 124). (a) Average sleep duration (y axis) by total SRI (x axis). Plots on either side show a schematic line plot for four individuals noted by arrows from the center plot: (b) & (c) show the sleeping patterns from two irregular sleepers (SRI: 41.46 and 57.56) but with high and low sleeping durations for 27 days (x axis) and the daily 24 hour time intervals (y axis); (d) & (e) show the sleeping patterns from two highly regular sleepers (SRI: 88.51 and 86.93) but with high and low sleeping durations for 27 days (x axis) and the daily 24 hour time intervals (y axis).