

**Table S1.** Resting cardiovascular and cerebrovascular measures at the start (PRE) and following (POST) the 8 week Control and Intervention trials (mean  $\pm$  SD).

	Control		Within-Group	Intervention		Within-Group	Between-Group	Cohen's <i>d</i>
	PRE	POST	Differences	PRE	POST	Differences	Differences	
<b>Cardiovascular</b>								
HR (bpm)	62 $\pm$ 10	62 $\pm$ 12	0 $\pm$ 5	58 $\pm$ 11	57 $\pm$ 11	-1 $\pm$ 7	-1 $\pm$ 8	0.17
SBP (mmHg)	125 $\pm$ 14	121 $\pm$ 15	-4 $\pm$ 5	120 $\pm$ 11	122 $\pm$ 14	2 $\pm$ 8	6 $\pm$ 11	0.93
DBP (mmHg)	77 $\pm$ 9	75 $\pm$ 10	-2 $\pm$ 6	73 $\pm$ 10	74 $\pm$ 8	1 $\pm$ 7	3 $\pm$ 9	0.48
MAP (mmHg)	93 $\pm$ 10	90 $\pm$ 11	-3 $\pm$ 4	88 $\pm$ 9	90 $\pm$ 10	2 $\pm$ 6	5 $\pm$ 6	1.02
<b>Cerebrovascular</b>								
MCAv (cm·s <sup>-1</sup> )	70.1 $\pm$ 12.0	68.3 $\pm$ 8.4	-1.8 $\pm$ 7.0	67.4 $\pm$ 14.1	66.4 $\pm$ 9.1	-1.0 $\pm$ 8.3	0.8 $\pm$ 11.1	0.11
PCAv (cm·s <sup>-1</sup> )	52.4 $\pm$ 13.3	51.3 $\pm$ 9.8	-1.1 $\pm$ 7.8	48.9 $\pm$ 9.1	50.2 $\pm$ 10.9	1.3 $\pm$ 9.1	2.4 $\pm$ 13.7	0.30
PETCO <sub>2</sub> (mmHg)	38 $\pm$ 4	39 $\pm$ 4	1 $\pm$ 2	36 $\pm$ 5	37 $\pm$ 5	1 $\pm$ 4	0 $\pm$ 5	0.00

HR—heart rate, SBP—systolic blood pressure; DBP—diastolic blood pressure, MAP—mean arterial pressure, MCAv—middle cerebral artery blood flow velocity, PCAv—posterior middle cerebral artery blood flow velocity, PETCO<sub>2</sub>—pressure of end-tidal carbon dioxide.

**Table S2.** Measures of cerebrovascular function at the start (PRE) and following (POST) the 8 week Control and Intervention trials (mean  $\pm$  SD).

	Control		Within-Group Differences	Intervention		Within-Group Differences	Between-Group Differences	Cohen's <i>d</i>
	PRE	POST		PRE	POST			
<b>MCA CVR</b>								
CVR ( $R^2$ )	0.89 $\pm$ 0.05	0.86 $\pm$ 0.07	-0.03 $\pm$ 0.08	0.84 $\pm$ 0.05	0.87 $\pm$ 0.08	0.03 $\pm$ 0.09	0.06 $\pm$ 0.11	0.74
ABS MCA <sub>v</sub> ( $\text{cm}\cdot\text{s}^{-1}\cdot\text{mmHg}^{-1}$ )	3.20 $\pm$ 0.89	3.23 $\pm$ 1.27	0.03 $\pm$ 1.06	3.18 $\pm$ 1.09	3.35 $\pm$ 0.61	0.17 $\pm$ 0.83	0.14 $\pm$ 1.11	0.16
REL MCA <sub>v</sub> ( $\%\cdot\text{mmHg}^{-1}$ )	4.61 $\pm$ 0.99	4.69 $\pm$ 1.64	0.08 $\pm$ 1.23	4.85 $\pm$ 1.51	5.14 $\pm$ 1.01	0.29 $\pm$ 1.25	0.21 $\pm$ 1.04	0.18
<b>CCA CVR</b>								
ABS Diameter ( $\text{cm}\cdot\text{mmHg}^{-1}$ )	0.001 $\pm$ 0.001	0.001 $\pm$ 0.001	0.000 $\pm$ 0.001	0.001 $\pm$ 0.001	0.001 $\pm$ 0.001	0.000 $\pm$ 0.002	0.000 $\pm$ 0.002	0.00
REL Diameter ( $\%\cdot\text{mmHg}^{-1}$ )	0.13 $\pm$ 0.13	0.13 $\pm$ 0.09	0.00 $\pm$ 0.14	0.20 $\pm$ 0.18	0.13 $\pm$ 0.19	-0.07 $\pm$ 0.25	-0.07 $\pm$ 0.28	0.37
ABS Blood Flow ( $\text{ml}\cdot\text{min}^{-1}\cdot\text{mmHg}^{-1}$ )	0.26 $\pm$ 0.22	0.23 $\pm$ 0.21	-0.03 $\pm$ 0.22	0.25 $\pm$ 0.28	0.17 $\pm$ 0.27	-0.08 $\pm$ 0.34	-0.05 $\pm$ 0.42	0.19
REL Blood Flow ( $\%\cdot\text{mmHg}^{-1}$ )	2.00 $\pm$ 1.64	1.87 $\pm$ 1.55	-0.13 $\pm$ 1.78	2.06 $\pm$ 2.20	1.38 $\pm$ 1.91	-0.68 $\pm$ 2.48	-0.55 $\pm$ 3.08	0.27
<b>NVC</b>								
ABS Peak PCA <sub>v</sub> ( $\Delta\text{cm}\cdot\text{s}^{-1}$ )	9.8 $\pm$ 4.9	10.9 $\pm$ 6.3	1.1 $\pm$ 3.7	6.8 $\pm$ 3.9	6.5 $\pm$ 5.4	-0.3 $\pm$ 7.4	-1.4 $\pm$ 8.0	0.26
REL Peak PCA <sub>v</sub> (%)	20.6 $\pm$ 12.2	22.7 $\pm$ 13.7	2.1 $\pm$ 8.0	14.7 $\pm$ 8.3	15.4 $\pm$ 13.7	0.7 $\pm$ 17.7	-1.4 $\pm$ 18.0	0.11
ABS Peak MCA <sub>v</sub> ( $\Delta\text{cm}\cdot\text{s}^{-1}$ )	6.2 $\pm$ 1.2	6.2 $\pm$ 3.5	0.0 $\pm$ 2.7	4.8 $\pm$ 0.6	5.4 $\pm$ 1.2	0.6 $\pm$ 1.3	0.6 $\pm$ 3.5	0.32
REL Peak MCA <sub>v</sub> (%)	8.9 $\pm$ 2.0	9.2 $\pm$ 4.2	0.3 $\pm$ 3.0	7.5 $\pm$ 1.7	8.3 $\pm$ 2.5	0.8 $\pm$ 2.1	0.5 $\pm$ 4.6	0.22
<b>CA: 5-sec (LF)</b>								
Phase (degrees)	24.33 $\pm$ 5.30	17.87 $\pm$ 8.20	-6.46 $\pm$ 6.45	24.33 $\pm$ 19.96	24.07 $\pm$ 6.80	-0.26 $\pm$ 16.67	6.19 $\pm$ 16.67	0.53
Gain ( $\text{cm}\cdot\text{s}^{-1}\cdot\text{mmHg}^{-1}$ )	0.87 $\pm$ 0.17	0.83 $\pm$ 0.12	-0.04 $\pm$ 0.12	0.81 $\pm$ 0.23	0.98 $\pm$ 0.25	0.17 $\pm$ 0.22	0.21 $\pm$ 0.33	1.25
Gain <sub>n</sub> ( $\%\cdot\text{mmHg}^{-1}$ )	1.38 $\pm$ 0.25	1.36 $\pm$ 0.22	-0.02 $\pm$ 0.18	1.30 $\pm$ 0.26	1.52 $\pm$ 0.37	0.22 $\pm$ 0.35	0.24 $\pm$ 0.49	0.91
Coherence <sup>#</sup>	0.64 $\pm$ 0.11	0.61 $\pm$ 0.07	-	0.69 $\pm$ 0.12	0.61 $\pm$ 0.07	-	-	-
<b>CA: 10-sec (VLF)</b>								
Phase (degrees)	43.72 $\pm$ 15.11	37.53 $\pm$ 10.02	-6.19 $\pm$ 7.75	45.33 $\pm$ 18.89	46.30 $\pm$ 17.94	0.97 $\pm$ 17.11	7.16 $\pm$ 14.41	0.57
Gain ( $\text{cm}\cdot\text{s}^{-1}\cdot\text{mmHg}^{-1}$ )	0.74 $\pm$ 0.18	0.83 $\pm$ 0.22	0.09 $\pm$ 0.11	0.72 $\pm$ 0.25	0.80 $\pm$ 0.21	0.08 $\pm$ 0.16	-0.01 $\pm$ 0.22	0.08
Gain <sub>n</sub> ( $\%\cdot\text{mmHg}^{-1}$ )	1.20 $\pm$ 0.30	1.28 $\pm$ 0.29	0.08 $\pm$ 0.19	1.20 $\pm$ 0.28	1.29 $\pm$ 0.29	0.09 $\pm$ 0.15	0.01 $\pm$ 0.27	0.06
Coherence <sup>#</sup>	0.83 $\pm$ 0.15	0.86 $\pm$ 0.08	-	0.88 $\pm$ 0.10	0.89 $\pm$ 0.07	-	-	-

<sup>#</sup>Coherence values were used to accept the validity of gain and phase estimates and not compared.

MCA<sub>v</sub>—middle cerebral artery blood flow velocity; CVR—cerebrovascular carbon dioxide reactivity; ABS—absolute; REL—relative; CCA—common carotid artery; NVC—neurovascular coupling; PCA<sub>v</sub>—posterior cerebral artery blood flow velocity; CA—cerebral autoregulation; LF—low frequency, VLF—very low frequency; Gain<sub>n</sub>—normalised gain.

**Table S3.** Measures of mood and work productivity at the start (PRE) and following (POST) the 8 week Control and Intervention trials (mean  $\pm$  SD).

	Control		Within-Group	Intervention		Within-Group	Between-Group	Cohen's <i>d</i>
	PRE	POST	Differences	PRE	POST	Differences	Differences	
<b>Mood</b>								
Positive Affect	34.9 $\pm$ 7.9	35.3 $\pm$ 6.1	0.4 $\pm$ 7.0	35.5 $\pm$ 6.7	35.7 $\pm$ 5.5	0.2 $\pm$ 6.3	-0.2 $\pm$ 9.5	0.04
Negative Affect	15.6 $\pm$ 5.2	15.1 $\pm$ 3.6	-0.5 $\pm$ 5.9	15.7 $\pm$ 6.5	15.6 $\pm$ 8.2	-0.1 $\pm$ 9.4	0.4 $\pm$ 12.0	0.05
<b>HWQ</b>								
Productivity	6.9 $\pm$ 1.9	7.1 $\pm$ 1.4	0.2 $\pm$ 1.4	6.6 $\pm$ 1.9	7.5 $\pm$ 1.5	0.9 $\pm$ 1.7	0.7 $\pm$ 2.1	0.47
Concentration/Focus	4.5 $\pm$ 2.5	3.9 $\pm$ 2.4	-0.6 $\pm$ 2.5	4.6 $\pm$ 2.8	3.8 $\pm$ 2.3	-0.6 $\pm$ 2.2	0.0 $\pm$ 4.2	0.00
Impatience/Irritability	3.6 $\pm$ 2.3	2.9 $\pm$ 2.0	-0.7 $\pm$ 2.2	3.7 $\pm$ 2.7	2.8 $\pm$ 1.5	-0.9 $\pm$ 2.5	-0.2 $\pm$ 3.5	0.09
Work Satisfaction	7.0 $\pm$ 1.8	6.7 $\pm$ 2.0	-0.3 $\pm$ 1.4	6.7 $\pm$ 1.8	7.3 $\pm$ 1.5	0.6 $\pm$ 1.7	0.9 $\pm$ 2.2	0.60
Stress	5.4 $\pm$ 2.2	4.4 $\pm$ 2.2	-1.0 $\pm$ 2.0	5.3 $\pm$ 2.9	4.4 $\pm$ 2.2	-0.9 $\pm$ 3.1	0.1 $\pm$ 3.9	0.04
Supervisor Relations	7.0 $\pm$ 2.4	6.9 $\pm$ 2.3	-0.1 $\pm$ 2.9	6.5 $\pm$ 2.6	7.0 $\pm$ 2.5	0.5 $\pm$ 2.5	0.6 $\pm$ 4.1	0.23
Non-work Satisfaction	8.2 $\pm$ 1.6	8.0 $\pm$ 1.5	-0.2 $\pm$ 1.1	7.7 $\pm$ 2.4	8.2 $\pm$ 1.8	0.5 $\pm$ 1.9	0.7 $\pm$ 2.4	0.47

HWQ—Health and Work Questionnaire.