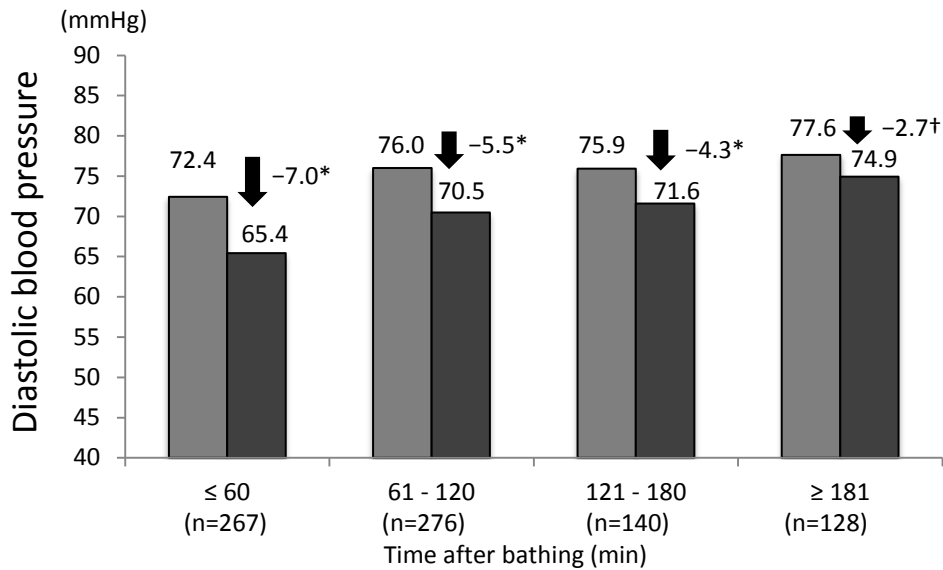


Data are mean \pm SD.

* $p < 0.001$
by non-paired t-test
vs. Before dinner

Supplementary Fig. S1. The differences in diastolic blood pressure values in the morning, before dinner, and at bedtime.

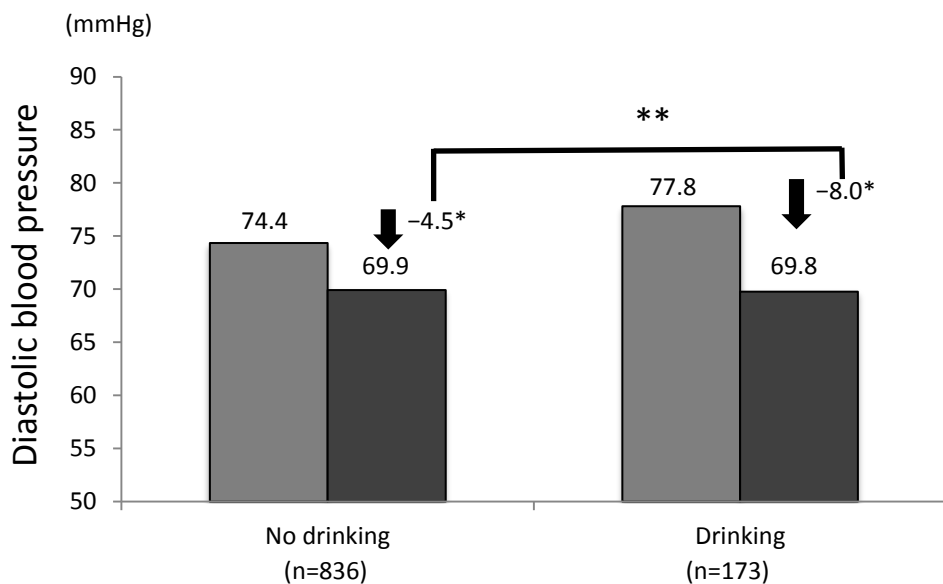


Means are shown.
* $p < 0.001$
by paired Student's t-test

† $p < 0.05$
by paired Student's t-test

■ Before dinner
■ At bedtime

(a) The effects of bathing



Means are shown.
* $p < 0.001$
by paired Student's t-test

** $p < 0.001$
by non-paired t-test

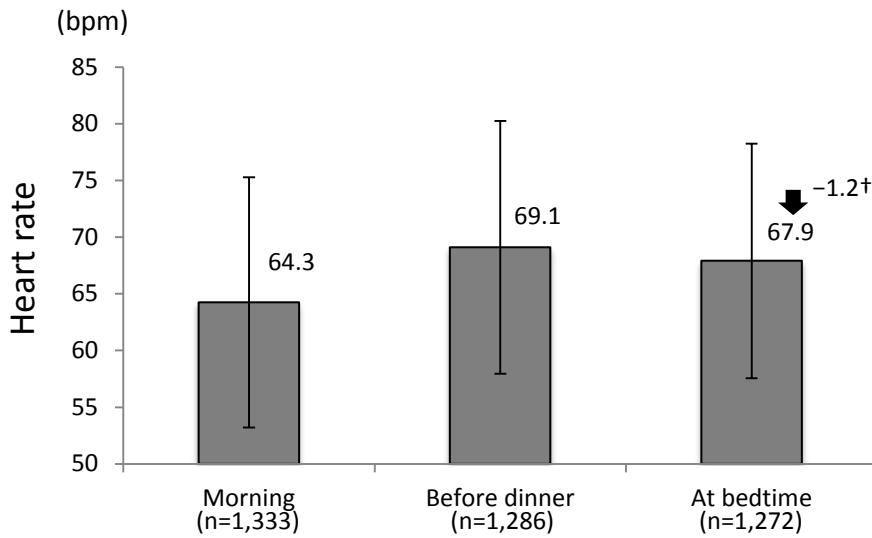
■ Before dinner
■ At bedtime

(b) The effects of alcohol consumption

Supplementary Fig. S2. Diastolic blood pressure (DBP) difference on each measurement time.

(a) Differences in DBP between before dinner and at bedtime according to the interval between bathing and going to bed.

(b) Differences in DBP between before dinner and at bedtime according to no drinking vs. drinking alcohol.

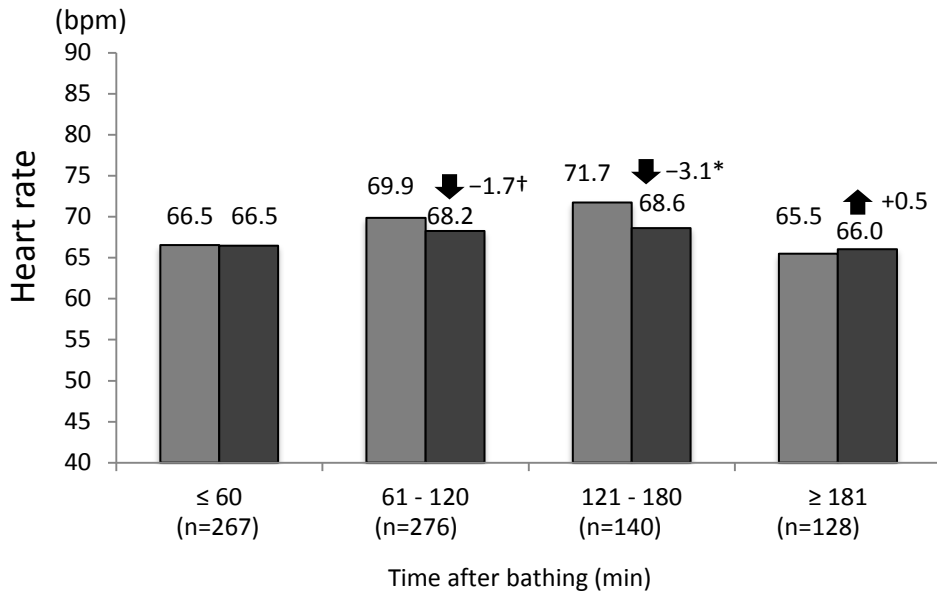


Data are mean \pm SD.

† $p < 0.05$
by non-paired t-test
vs. Before dinner

The difference in heart rate values

Supplementary Fig. S3. The differences in heart rate values in the morning, before dinner, and at bedtime.



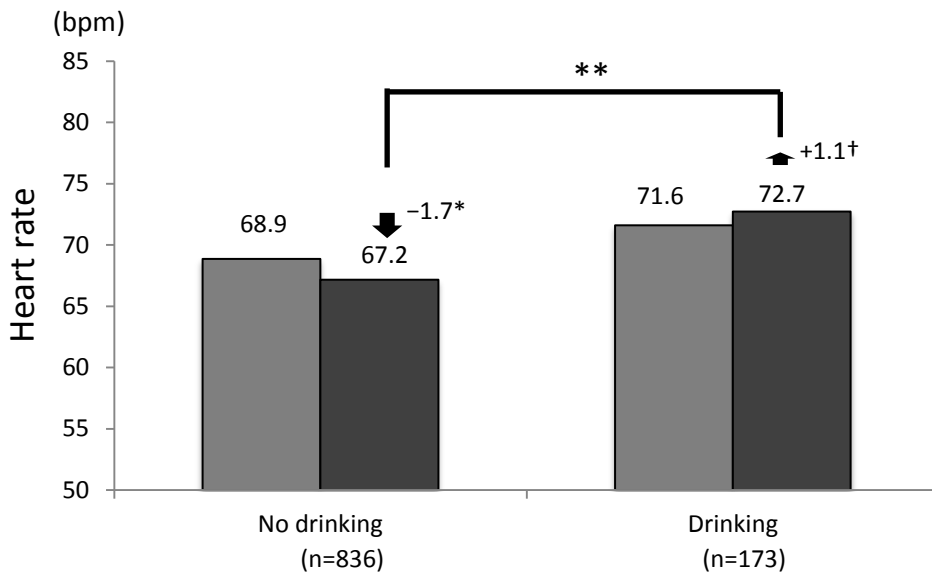
Means are shown.

* $p < 0.001$
by paired Student's t-test

† $p < 0.05$
by paired Student's t-test

■ Before dinner
■ At bedtime

(a) The effects of bathing



Means are shown.

* $p < 0.001$
by paired Student's t-test

† $p < 0.05$
by paired Student's t-test

** $p < 0.001$
by non-paired t-test

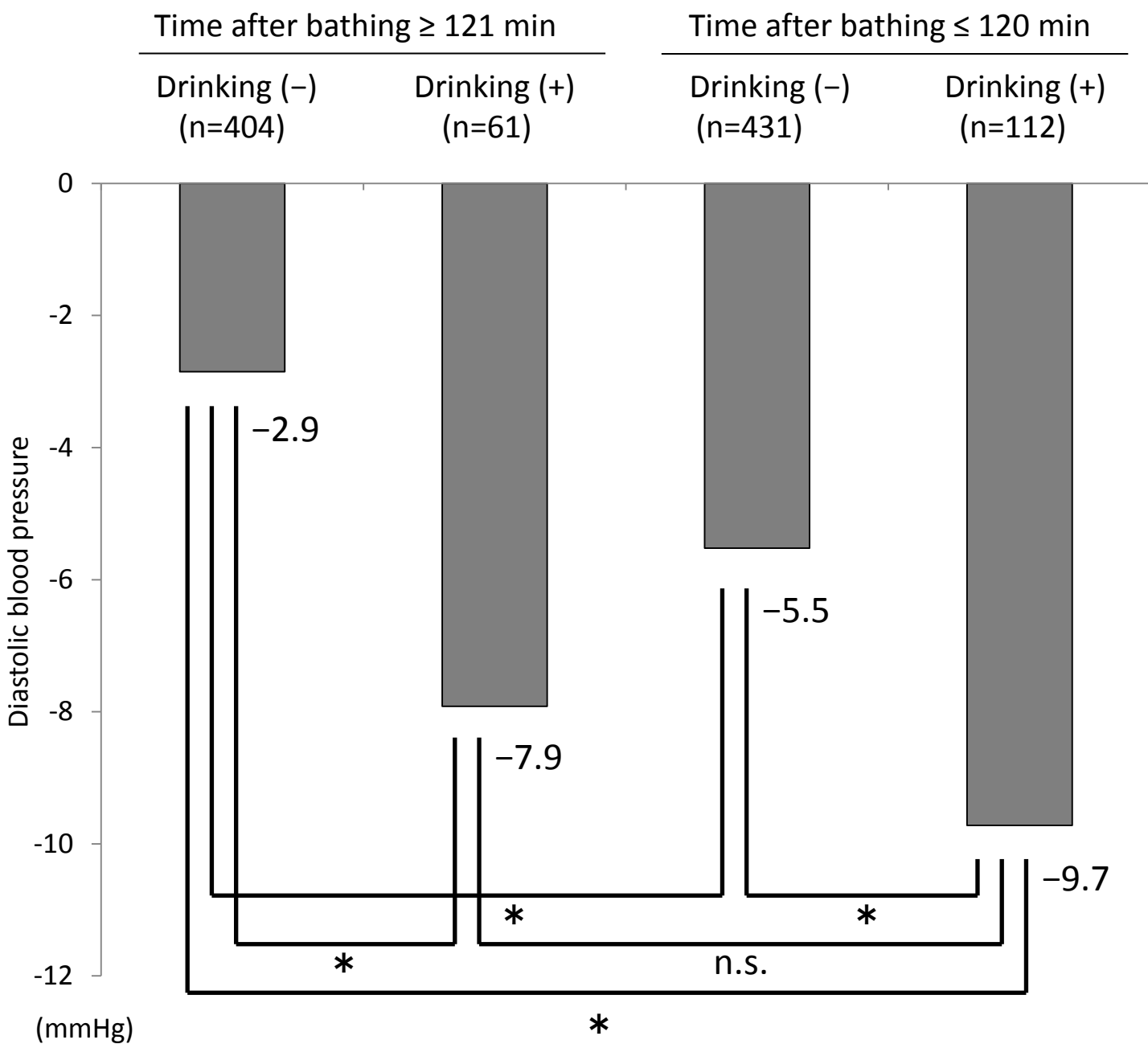
■ Before dinner
■ At bedtime

(b) The effects of alcohol consumption

Supplementary Fig. S4. Heart rate (HR) difference on each measurement time.

(a) Differences in HR between before dinner and at bedtime according to the interval between bathing and going to bed.

(b) Differences in HR between before dinner and at bedtime according to no drinking vs. drinking alcohol.



Means are shown.

* : $p < 0.001$ by linear mixed model analysis

Supplementary Fig. S5. Additive effects of time after bathing ≤ 120 min and alcohol consumption for B-D differences of diastolic blood pressure. Adjusted for age, sex, BMI, dyslipidemia, diabetes mellitus, chronic kidney disease, history of cardiovascular disease, number of antihypertensive drugs, medication after breakfast, and medication after dinner.