Supplemental Table 1. P-values of main effects of sleep and, when applicable, sleep x week interaction, on outcome variables in adjusted and unadjusted analyses with condition (HS vs SR) or TST (continuous) as predictors.

Outcome	Effect	Study condition, unadjusted	Study condition, adjusted	Total sleep time, unadjusted	Total sleep time, adjusted
Systolic blood pressure	Sleep	0.061	0.998	0.349	0.271
	Sleep x week	**0.005**	0.350	**0.046**	**0.036**
Diastolic blood pressure	Sleep	0.193	0.903	0.233	0.233
	Sleep x week	0.158	0.743	0.110	0.110
Systolic blood pressure	Daily	0.066	0.088	0.291	0.267
	Wake	0.072	0.108	0.415	0.421
	Sleep	0.591	0.19	0.980	0.929
Diastolic blood pressure	Daily	0.059	0.063	0.469	**0.024**
	Wake	**0.036**	**0.045**	**0.033**	**0.021**
	Sleep	0.655	0.666	0.741	0.766
	Daily	**0.039**	**0.038**	0.373	0.258

Mean arterial	Wake	**0.024**	**0.023**	0.328	**0.018**
pressure	Sleep	0.571	0.584	0.808	0.868

P-values are from mixed-model analyses with participant as random effect; adjusted analyses included fraction of wear

time in physical activity (activity counts/hours of wear time). When applicable, data were adjusted for phase order.