

# Overnight dynamics in scale-free and oscillatory spectral parameters of NREM sleep EEG

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**Suppl. Table 1. Percentage distribution of the location of maximal frequency shifts in the sample. Meaning of markings are the following: F-Fp: frontal-to-frontopolar, C-F: central-to-frontal, P-C: parietal-to-central, O-P: occipital-parietal. Numbers mean the percent of the occurrence of the maximum frequency shift in a given area.**

|      | 1. cycle (%) | 2. cycle (%) | 3. cycle (%) | 4. cycle (%) |
|------|--------------|--------------|--------------|--------------|
| F-Fp | 17.53        | 31.47        | 45.02        | 38.25        |
| C-F  | 54.18        | 50.60        | 41.83        | 40.64        |
| P-C  | 15.54        | 5.98         | 4.78         | 8.76         |
| O-P  | 3.98         | 4.38         | 2.79         | 4.78         |

**Suppl. Table 2. Means and standard deviations of  $f_{maxPeak}$  values in different age groups on different regions. Markings are the following: M=mean, SD=standard deviation, ch=children, t=teenager, y=young adult, m=middle-aged adult, Fp-Frontopolar region, F-Frontal region, C-central region, P-parietal region, O-Occipital region**

| Region | M <sub>ch</sub><br>(N=9) |      | M <sub>t</sub><br>(N=33) |      | M <sub>y</sub><br>(N=125) |      | M <sub>m</sub><br>(N=22) |      |
|--------|--------------------------|------|--------------------------|------|---------------------------|------|--------------------------|------|
|        | SD                       | SD   | SD                       | SD   | SD                        | SD   | SD                       |      |
| Fp     | 11.44                    | 0.25 | 12.25                    | 0.12 | 11.98                     | 0.06 | 11.56                    | 0.15 |
| F      | 11.63                    | 0.27 | 12.72                    | 0.13 | 12.39                     | 0.07 | 11.98                    | 0.17 |
| C      | 11.99                    | 0.22 | 13.16                    | 0.11 | 13.32                     | 0.06 | 13.36                    | 0.14 |
| P      | 12.20                    | 0.20 | 13.28                    | 0.10 | 13.47                     | 0.05 | 13.76                    | 0.12 |
| O      | 12.34                    | 0.18 | 13.34                    | 0.09 | 13.40                     | 0.05 | 13.82                    | 0.11 |

**Suppl. Table 3. P values of post hoc test about the region x age group interactions with respect to the  $f_{maxPeak}$  values. Markings: ch=children, t=teenagers, y=young adults, m=middle-aged adults, Fp-frontopolar region, F-frontal region, C-central region, P-parietal region, O-occipital region**

| Region | y vs. ch     | y vs. m | y vs. t | ch vs. m     | ch vs. t     | m vs. t      |
|--------|--------------|---------|---------|--------------|--------------|--------------|
| Fp     | 0.995        | 0.809   | 0.978   | 1.000        | 0.672        | <b>0.044</b> |
| F      | 0.796        | 0.769   | 0.805   | 1.000        | 0.090        | <b>0.008</b> |
| C      | <b>0.002</b> | 1.000   | 1.000   | <b>0.002</b> | <b>0.016</b> | 1.000        |
| P      | <b>0.003</b> | 0.999   | 1.000   | <b>0.000</b> | <b>0.029</b> | 0.719        |
| O      | <b>0.021</b> | 0.879   | 1.000   | <b>0.000</b> | <b>0.046</b> | 0.658        |