

Supplementary file 1: Supplementary table 1
Characteristics of the nap period for participants in the Sleep group

Sleep stages	Group (Mean ± SEM)
W (min)	21.67 ± 2.92
N1 (min)	9.05 ± 1.62
N2 (min)	17.67 ± 2.24
N3 (min)	31.55 ± 3.70
REM (min)	5.05 ± 1.99
N2 Latency (min)	14.29 ± 2.04
Total sleep time (min)	54.26 ± 4.39
Total number of spindles	210.93 ± 22.08
Total number of slow spindles	104.00 ± 15.09
Total number of fast spindles	106.93 ± 14.31