**Figure1- source data 1. Summary of sleep phenotype of human subjects**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Subject ID** | **Age**a | **sDLMO**b | **Sleep log**  **MST** | **Zeo log**  **MST** | **Strctrd Intrvw**  **MST** | **H-O MEQustnr**  **Score** |
| 100336 | 49 | 16:41 | 0:59 | 1:00 | 1:32 | 84c |
| 101271s | 49 | N/A | N/A | N/A | 1:11 | >/= 72 |
| 101375 | 79 | N/A | N/A | N/A | 3:15 | 60 |
| 101374 | 21 | N/A | N/A | N/A | 6:52 | 34 |

a age when they were phenotyped

b home saliva-DLMO. Normal human sDLMO: Mean (SD) = 20:50(1:12), Range 18:13 to 00:26, n=163.

c among the top 0.3 % of middle age adults