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* You should state whether an appropriate sample size was computed when the study was being designed
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* If no explicit power analysis was used, you should describe how you decided what sample (replicate) size (number) to use

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Sample size determination is described in the Materials and Methods section "Microscopy and data analysis section".

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* You should report how often each experiment was performed
* You should include a definition of biological versus technical replication
* The data obtained should be provided and sufficient information should be provided to indicate the number of independent biological and/or technical replicates
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Definition of biological versus technical replication is in the Materials and Methods section "Microscopy and data analysis". Number of replicates are shown at the bottom of each bar and explained in the Figure legends and can also be found in the source data tables for each Figure.

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* Statistical analysis methods should be described and justified
* Raw data should be presented in figures whenever informative to do so (typically when N per group is less than 10)
* For each experiment, you should identify the statistical tests used, exact values of N, definitions of center, methods of multiple test correction, and dispersion and precision measures (e.g., mean, median, SD, SEM, confidence intervals; and, for the major substantive results, a measure of effect size (e.g., Pearson's r, Cohen's d)
* Report exact p-values wherever possible alongside the summary statistics and 95% confidence intervals. These should be reported for all key questions and not only when the p-value is less than 0.05.

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* Indicate how samples were allocated into experimental groups (in the case of clinical studies, please specify allocation to treatment method); if randomization was used, please also state if restricted randomization was applied
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We provide source data files for Figure 2, Figure 3, Figure 3-figure supplement 2, Figure 3-figure supplement 7, Figure 4, Figure 4-figure supplement 1, Figures 5 - 9 as supplementary tables.