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**Sample-size estimation**

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

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This information is contained within figure legends and Material and methods.

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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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* 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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(For large datasets, or papers with a very large number of statistical tests, you may upload a single table file with tests, Ns, etc., with reference to sections in the manuscript.)

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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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Where applicable, animals were randomly allocated to control and experimental groups.

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* Where provided, these should be in the most useful format, and they can be uploaded as “Source data” files linked to a main figure or table
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Please indicate the figures or tables for which source data files have been provided:

All experimental data information of figures and figure supplements can be found in experimental data.

To identify the phase change time points for each fly event, we have used the Sapphire, our newly developed algorithm and web application. We have deposited the code of Sapphire in The GitHub (https://github.com/kanglab/Sapphire/tree/master). the All statistical analyses have used Prism 8 software.