**Sleeping at the Switch**

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**SUPPLEMENTARY MATERIAL**

***Supplementary Table 1 Demographic and polysomnographic variables for young and older subjects***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | ***Young (YO)*** | ***Older (OL)*** | ***Main effect (p values)*** | | | ***Effect*** |
|  | ***N = 30*** | ***N = 29*** | ***Age*** | ***Sex*** | ***Interaction*** |  |
| ***Demographic Variables*** |  |  |  |  |  |  |
| Sex (M/W) | 16/14 | 11/18 | N/A | N/A | N/A | -- |
| Education (year) | 15.4 ± 2.2 | 15.4 ± 3.4 | n.s. | n.s. | n.s. | -- |
| Polysomnographic Variables | |  |  |  |  |  |
| Sleep latency (min) | 8.2 ± 5.9 | 9.0 ± 7.3 | n.s. | n.s. | n.s. | -- |
| REM latency (min) | 97.7 ± 49.4 | 78.6 ± 29.2 | n.s. | n.s. | n.s. |  |
| Sleep duration (min) | 451.3 ± 36.0 | 408.9 ± 36.4 | **< 0.001** | n.s. | n.s. | **YO > OL** |
| Sleep efficiency (%) | 93.1 ± 5.6 | 85.6 ± 6.8 | **< 0.001** | n.s. | n.s. | **YO > OL** |
| Stage NREM (%) | 79.4 ± 5.0 | 81.3 ± 4.8 | n.s. | n.s. | n.s. | -- |
| Stage REM (%) | 20.6 ± 5.0 | 18.7 ± 4.8 | n.s. | n.s. | n.s. | -- |
| NREM stage N1 (%) | 7.6 ± 4.2 | 10.6 ± 4.5 | N/A | N/A | **< 0.01** | **(M) YO < OL**  **(W) n.s.** |
| NREM stage N2 (%) | 53.0 ± 6.1 | 60.0 ± 7.6 | **< 0.001** | n.s. | n.s. | **YO < OL** |
| NREM stage N3 (%) | 18.8 ± 5.9 | 10.7 ± 7.4 | N/A | N/A | **< 0.01** | **(M) YO > OL**  **(W) n.s.** |
| Min. of wake (C1) | 5.0 ± 17.9 | 4.8 ± 6.5 | n.s. | N/A | N/A | -- |

*Notes: Data expressed as mean ± SD. P values were considered significant at p < 0.05.M, men; ms, millisecond; N/A, non-applicable; NREM, Non-rapid eye movement sleep; C1, Cycle 1; n.s., non-significant; OL, older subjects; REM, Rapid eye movement sleep; W, women; YO, young subjects*