**Supplementary file 3**. Baseline measurements of the neuroplasticity sessions

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| --- | --- | --- | --- |
| **tDCS**  | **Sleep condition** | **baseline MEP**  | **SI1mV (%)** |
| **Active**  | **sham** | **Active**  | **sham** |
| Anodal stimulation | sufficient sleep | 1.002±0.071 | 1.019±0.071 | 48.666±8.050 | 48.533±7.827 |
| sleep deprivation | 1.020±0.081 | 1.026±0.068 | 46.80 ±6.667 | 46.90±6.644 |
|  |  |  |  |  |  |
| Cathodal stimulation | sufficient sleep | 1.027±0.037 | 1.005±0.065 | 51.333±10.244 | 50.866±10.183 |
| sleep deprivation | 1.001±0.088 | 1.018±0.056 | 50.566±10.051 | 50.133±10.043 |
|  |  |  |  |  |  |
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