**Table S2.** Visually scored sleep stages (mean ± SD) expressed in percentages according to chronotype (averaged over the two experimental nights). Comparison between groups: all ps > 0.1)

|  |  |
| --- | --- |
|  | **Visual scoring** |
|  | **Morning types** | **Evening types** |
| Wake | 3,18 ± 1.97 | 3,1 ± 2,74 |
| Stage 1 | 4,53 ± 2.63 | 3,91 ± 2.49 |
| Stage 2 | 46,64 ± 7.8 | 45,99 ± 5.8 |
| SWS | 25,54 ± 8.9 | 24,91 ± 6.4 |
| REM | 23,28 ± 4.0  | 25,27 ± 3.2 |
| Sleep latency (min) | 8.57 ± 6.94 | 11.35 ± 5.87 |
| TST (min) | 457.16 ± 14.41 | 458.46 ± 12.14 |
| Efficiency | 95.1 ± 3.01 | 95.62 ± 2.53 |