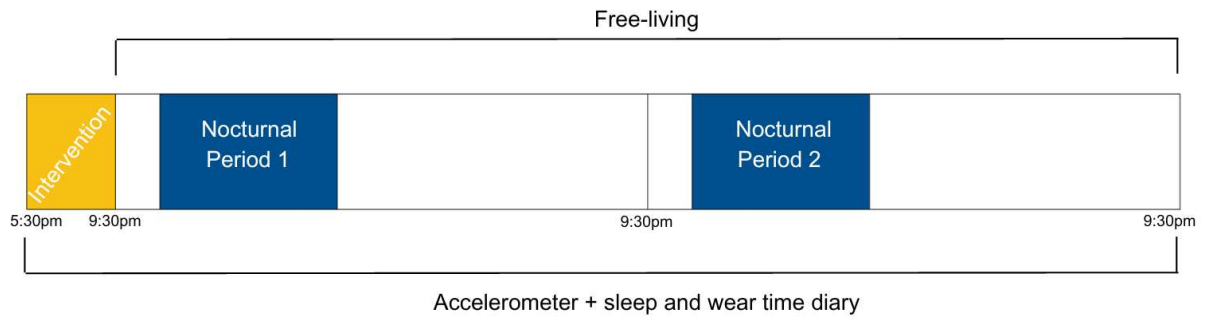


Supplemental Material

eFigure 1. Intervention timeline

eTable 1. Mean bed time, sleep onset and sleep wake times^a following regular activity breaks and prolonged sitting in in the following two nights (n=28)



Supplemental Table 1. Mean bed time, sleep onset, and sleep wake times^a following regular activity breaks and prolonged sitting for the following two nights (n=28)

	Prolonged Sitting	Regular Activity Breaks
Night 1	24-h time (SD, min)	24-h time (SD, min)
Bed time	23:56 (67.8)	23:58 (86.4)
Sleep onset	00:04 (64.2)	00:05 (85.2)
Sleep wake time	07:35 (79.2)	07:59 (78.6)
Night 2^b		
Bed time	23:44 (89.4)	00:14 (105.6)
Sleep onset time	23:54 (91.2)	00:20 (103.8)
Sleep wake time	08:06 (77.4)	08:11 (84.0)

^a Bedtime, sleep onset and sleep wake time reported as 24-hour time, (minutes)
^b Night 2, prolonged sitting n=27 as n=1 participant removed accelerometer during sleep time.