

S3 Table. Amounts of slow wave sleep and sympathetic nerve activity (LF/HF values) in each 2-hour period slept in young (study I) and old (study II) subjects.

| Parameters | Topper | Time bins | | | | Difference | | |
|------------------|--------|-------------|------------|-------------|-------------|------------|-------|--------------|
| | | 11:00-01:00 | 01:00-3:00 | 03:00-05:00 | 05:00-07:00 | Group | Time | Group x Time |
| Stage III (min)* | Young | 46.2±4.6 | 25.4±3.8 | 4.9±1.4 | 6.6±2.3 | <0.01 | <0.01 | <0.01 |
| | Old | 14.5±2.4 | 6.6±1.6 | 5.3±1.5 | 2.3±1.1 | | | |
| Stage IV (min) | Young | 6.6±3.0 | 10.6±2.4 | 1.4±1.0 | 1.8±1.5 | <0.01 | <0.01 | <0.01 |
| | Old | 0.8±0.5 | 0.2±0.2 | 0.6±0.4 | 0±0 | | | |
| LF/HF | Young | 3.10±0.21 | 3.11±0.29 | 3.08±0.27 | 3.40±0.29 | <0.05 | 0.82 | 0.45 |
| | Old | 4.61±0.58 | 4.47±0.46 | 4.18±0.52 | 4.04±0.32 | | | |