# Supporting Information

# Robust Stability of Melatonin Circadian Phase, Sleep Metrics, and Chronotype Across Months in Young Adults Living in Real-World Settings

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This file includes:

Supplementary Figures 1, 2, and 3



Figure S1. Box plots of daily data for 8 days before through 8 days after the Standard Time-to-Daylight Saving Time (DST) transition for Sleep Onset and Sleep Offset values (during month 2) relative to the average timing of month 1 and month 3 for each individual. Summary statistics of the average-within-an-individual data are presented as box plots with the center line denoting the median, the lower and upper lines of the box representing the 25th to 75th percentiles, respectively, and the whiskers representing the minimum and maximum of the group. The blue dashed line represents zero change between the day and monthly values.



Figure S2. The association between dim-light melatonin onset (DLMO) timing and chronotype (MSFsc). DLMO and MSFsc timing data represent the average timing for each metric across the 3 separate visits/months for each individual participant, as denoted by diamond symbols.



Figure S3. As in Figure 1, circadian and sleep metrics across three separate months, except timing of each metric is presented relative to solar (not social) time. Summary statistics of the average-within-an-individual data are presented as box plots with the center line denoting the median, the lower and upper lines of the box representing the 25th to 75th percentiles, respectively, and the whiskers representing the minimum and maximum of the group. The black box plot is for month 1 data, red for month 2 data, and blue for month 3 data. Shaded areas represent the median timing of the solar night during each month (i.e., sunset to sunrise duration). P values are derived from mixed-effects models with month as the fixed effect and participant as the random effect and brackets denote significant differences at the end of each line after correcting for multiple comparisons (p<0.017 considered significant).

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