

Supplemental Digital Content 2 Bedtime, get-up time, time in bed (TIB), total sleep time (TST), sleep efficiency (SE), subjective sleep quality (SQ), time-trial (TT) finishing time, and TT mean power output for each experimental condition.

		-2	-1	D1	D2	D3	D4	+1
Sleep Restriction	Bedtime (hh:mm)	22:08±00:40	22:30±01:06	23:52±00:33	23:50±00:30	23:48±00:20	21:54±28	22:22±01:12
	Get-up time (hh:mm)	06:32±00:26	05:42±00:36	05:02±00:21	05:08±00:24	05:12±00:16	06:12±26	06:46±00:48
	TIB (h)	8.4±1.1	7.2±1.7	5.2±0.9	5.3±0.9	5.4±0.6	8.3±0.9	8.4±2.0
	TST (h)	7.4±1.0	6.5±1.5	4.7±0.8	4.8±0.8	4.9±0.4	7.5±0.8	7.6±1.8
	SE (%)	88±6	90±4	90±5	91±3	90±4	90±5	90±6
	SQ (au)	3.2±1.0	2.8±1.1	3.1±1.2	3.3±1.1	2.9±1.0	2.8±1.3	3.0±1.2
	TT Time (min)	-	-	57.6±1.7	59.5±2.0	60.4±3.7	62.0±5.2	-
	TT Power (W)	-	-	273±42	266±44 [^]	263±54	257±62 ^{+^}	-
Normal Sleep	Bedtime (hh:mm)	22:10±00:22	22:22±00:34	22:05±00:33	22:26±00:44	22:08±00:27	22:08±00:26	22:32±00:35
	Get-up time (hh:mm)	06:16±00:20	05:40±00:20	05:47±00:21	05:38±00:22	05:49±00:21	06:02±00:22	06:20±00:25
	TIB (h)	8.1±0.7	7.3±0.9	7.7±0.9	7.2±1.1	7.7±0.8	7.9±0.8	7.8±1.0
	TST (h)	7.1±0.5	6.6±0.8	7.1±0.8	6.5±1.0	6.9±0.7	7.1±0.7	7.0±0.9
	SE (%)	88±10	91±6	92±5	91±4	90±5	90±5	90±5
	SQ (au)	3.0±0.9	2.7±1.1	2.7±1.0	2.8±1.1	2.7±1.0	3.0±1.0	3.1±1.1
	TT Time (min)	-	-	58.4±2.1	58.0±2.8	58.8±2.5	58.7±3.4	-
	TT Power (W)	-	-	270±44	272±48	269±46 [*]	269±52 ⁺	-
Sleep Extension	Bedtime (hh:mm)	22:18±00:39	22:03±00:46	20:46±00:38	20:50±00:25	20:54±00:23	22:56±00:31	22:37±00:51
	Get-up time (hh:mm)	06:06±00:27	06:09±00:44	06:22±00:28	06:14±00:17	06:24±00:19	06:26±00:29	06:07±00:39
	TIB (h)	7.8±1.1	8.1±1.5	9.6±1.1	9.4±0.7	9.5±0.7	7.5±1.0	7.5±1.5
	TST (h)	6.9±1.0	7.2±1.4	8.6±1.0	8.3±0.6	8.2±0.6	6.6±0.9	6.6±1.3
	SE (%)	89±6	88±6	90±5	88±5	86±5	88±6	88±4
	SQ (au)	3.0±1.0	2.9±0.9	3.0±1.1	2.8±0.8	3.3±0.7	3.6±0.9	2.9±0.6
	TT Time (min)	-	-	57.4±3.4	57.0±3.9	58.2±4.4	56.8±3.1	-
	TT Power (W)	-	-	274±52	276±55	271±58	277±50	-

Sleep data (Bedtime, Get-up time, TIB, TST, SE, and SQ) collected the *night* of the day listed (i.e., -2 to +2). Time-trial data recorded the *morning* of the day listed (i.e., -2 to +2). D1-D4, testing days; *hh:mm*, hours: minutes; *au*, arbitrary units; *h*, hours; *min*, minutes; *W*, watts. Statistical analysis of sleep and TT finishing time data is provided in the manuscript. For TT power data, ⁺ different (P<0.025) compared with sleep extension, ^{*} different (P<0.025) compared with normal sleep, [^] different (P<0.05) compared with D1 of condition. NB: Additional analysis found no difference (P>0.05) between conditions when comparing the sum of TST over the 48 hours (i.e., sum -2 and -1) prior to laboratory testing (mean ± SD, sleep restriction, 13.9±2.4; normal sleep, 13.7±1.1; sleep extension, 14.1±2.0 h).

Authors: Spencer S H Roberts, Wei-Peng Teo, Brad Aisbett, Stuart A Warmington.

Contact: Spencer Roberts, rspen@deakin.edu.au