

Supplementary table 1. Glycemic control during post-intervention and sleep periods (Continuous glucose monitoring data, n=16)

	SIT	WALK3	WALK5	WALK8	<i>P</i> value
<b>Model 1</b>					
<b>5-h glucose</b> (Post-intervention period 18:00-23:00)					
mean	6.18(0.42)	6.27(0.42)	6.09(0.42)	6.29(0.42)	0.307
tAUC	31.45(2.16)	31.96(2.14)	31.04(2.14)	32.06(2.14)	0.276
iAUC	5.99(1.97)	6.52(1.95)	5.73(1.95)	6.70(1.95)	0.249
<b>8-h glucose</b> (Sleep period 23:00-07:00 day 2)					
mean	4.79(0.39)	4.78(0.39)	4.80(0.39)	4.75(0.39)	0.952
tAUC	35.38(2.97)	35.41(2.92)	35.52(2.93)	35.19(2.93)	0.977
iAUC	0.92(1.66)	0.92(1.63)	0.97(1.63)	0.97(1.63)	0.836
<b>Model 2</b>					
<b>5-h glucose</b> (Post-intervention period 18:00-23:00)					
mean	6.45(0.67)	6.25(0.42)	6.01(0.45)	6.11(0.53)	0.110
tAUC	32.91(3.45)	31.86(2.16)	30.61(2.29)	31.13(2.74)	0.093
iAUC	7.31(3.14)	6.43(1.96)	5.34(2.08)	5.86(2.49)	0.121
<b>8-h glucose</b> (Sleep period 23:00-07:00 day 2)					
mean	4.89(0.51)	4.77(0.39)	4.77(0.40)	4.70(0.43)	0.701
tAUC	36.05(3.92)	35.34(2.96)	35.29(3.08)	34.82(3.27)	0.795
iAUC	0.91(2.20)	0.92(1.67)	0.98(1.74)	0.97(1.84)	0.882

Values are adjusted means of covariates (SD). Means were compared using linear mixed models for the main effect condition followed by a Bonferroni multiple-comparisons test. Units of mean glucose and tAUC/iAUC are  $\text{mmol}\cdot\text{L}^{-1}$  and  $\text{mmol}\cdot\text{L}^{-1}\cdot\text{h}$ , respectively. Model 1 was adjusted for age, sex, percent of body fat, relative VO<sub>2</sub>max, treatment order, and corresponding baseline value. Model 2 was additionally adjusted for energy expenditure.