Figure S3. Circadian rhythms of peripheral and central markers in Visit 1/Day 1 and Visit 2/Day 2 and their stability in response to placebo withdrawal. Mean levels (±SEM) and harmonic group regressions of plasma cortisol (µg/dl) (A, B), plasma melatonin (pg/ml) (C, D), BMAL1 (% of mean) (E, F), PER1 (% of mean) (G, H), PER2 (% of mean) (I, J) and PER3 (% of mean) (K, L). Visit 1/Day 1 and Visit 2/Day 2 are represented by black and white circles for mean levels (A, C, E, G, I, K), respectively, and by solid and dashed lines for harmonic regressions (B, D, F, H, J, L), respectively. For analysis purposes, bedtimes and wake times were assigned a relative clock time of 00:00 and 08:00, respectively (x-axis). Above the x-axis, the hatched gray bars represent the 8-h sleep periods (Visit 1/Day 1) or the projected time of the sleep period (Visit 2/Day 2) and white bars represent the waking periods (Visit 1/Day 1 and Visit 2/Day 2). Harmonic regressions are represented by solid and dash lines when statistically significant and by dotted lines when non-significant (F). When rhythms were significant in Visit 2/Day 2 and Visit 1/Day 1, their phases were statistically compared using nlmixed model (cortisol, PER1-3) or unpaired t-test (melatonin) to assess phase shifts in response to placebo withdrawal. Results were reported for each marker (B, D, H, J, L). n.s., non-significant.

Figure S4. Circadian rhythms of peripheral and central markers in Visit 1/Day 1 and Visit 2/Day 2 and their stability in response to sleep. Mean levels (±SEM) and harmonic group regressions of plasma cortisol (µg/dl) (A, B), plasma melatonin (pg/ml) (C, D), BMAL1 (% of mean) (E, F), PER1 (% of mean) (G, H), PER2 (% of mean) (I, J) and PER3 (% of mean) (K, L). Visit 1/Day 1 and Visit 2/Day 2 are represented by black and white squares for mean levels (A, C, E, G, I, K), respectively, and by solid and dashed lines for harmonic regressions (B, D, F, H, J, L), respectively. For analysis purposes, bedtimes and wake times were assigned a relative clock time of 00:00 and 08:00, respectively (x-axis). Above the x-axis, the hatched gray bars represent the 8-h sleep periods (Visit 1/Day 1) or the projected time of the sleep period (Visit 2/Day 2) and white bars represent the waking periods (Visit 1/Day 1 and Visit 2/Day 2). Harmonic regressions are represented by solid and dash lines when statistically significant and by dotted lines when non-significant (F). When rhythms were significant in Visit 2/Day 2 and Visit 1/Day 1, their phases were statistically compared using nlmixed model (cortisol, PER1, PER3) or unpaired t-test (melatonin) to assess phase shifts in response to Cortef withdrawal. Results were reported for each marker (B, D, H, L). n.s., non-significant.