Supplemental Table 1 – Associations of daily physical activity and nocturnal HRV

	Steps				
	Workdays		Non-workdays		
	β (SE)	P-value†	β (SE)	P-value†	Interaction P-value
Average RR (ms)	-4.242 (1.676)	0.016	3.711 (3.469)	0.285	0.887
RMSSD (log ms)	-0.016 (0.009)	0.077	-0.013 (0.017)	0.429	0.907
SDNN (ms)	-0.509 (0.232)	0.029	-0.458 (0.449)	0.308	0.915
LF (log)	-0.033 (0.014)	0.024	-0.024 (0.028)	0.400	0.765
HF (log)	-0.034 (0.017)	0.045	-0.026 (0.032)	0.427	0.818
LF/HF ratio	0.009 (0.042)	0.829	-0.034 (0.082)	0.676	0.623
	Light physical activity				
	Workdays		Non-workdays		
	β (SE)	P-value†	β (SE)	P-value†	Interaction P-value
Average RR (ms)	-3.313 (1.456)	0.023	-4.819 (2.294)	0.036	0.587
RMSSD (log)	-0.004 (0.007)	0.593	-0.009 (0.011)	0.410	0.683
SDNN (ms)	-0.042 (0.182)	0.819	-0.400 (0.284)	0.159	0.285
LF (log)	-0.011 (0.012)	0.358	-0.037 (0.019)	0.046	0.232
HF (log)	-0.015 (0.014)	0.286	-0.028 (0.022)	0.204	0.619
LF/HF ratio	0.038 (0.035)	0.278	-0.037 (0.055)	0.501	0.247
	Moderate-to-vigorous physical activity				
	Workdays		Non-workdays		
	β (SE)	P-value†	β (SE)	P-value†	Interaction P-value
Average RR (ms)	-2.347 (1.728)	0.174	0.986 (3.517)	0.779	0.385
RMSSD (log)	-0.023 (0.009)	0.006	0.006 (0.017)	0.734	0.121
SDNN (ms)	-0.758 (0.216)	<0.001	0.788 (0.435)	0.070	0.001
LF (log)	-0.031 (0.014)	0.030	0.004 (0.029)	0.896	0.269
HF (log)	-0.031 (0.016)	0.061	0.020 (0.033)	0.553	0.163
LF/HF ratio	-0.019 (0.042)	0.653	-0.014 (0.085)	0.871	0.956

* presented as least squared means (SE); † p-values indicate the probability of the associated beta-coefficient being equal to zero; All coefficients represent a unit change in outcome per 10-minute change in activity; All models were adjusted for age, BMI, smoking status, fitness, and the presence or absence of the ambulatory blood pressure monitor; Abbreviations: HRV=heart rate variability, β (SE)=beta coefficient (standard error), RMSSD=root mean square successive difference, SDNN=standard deviation of the normal to normal RR intervals, LF=low frequency power, HF=high frequency power, LF/HF Ratio=low frequency to high frequency ratio, ms=milliseconds