

Table S1: See Supplementary Data

Correlations of sleep onset and offset time with sleep duration and with each other

					HADZA								
midpoint of recording	Subject	# of days	dura- tion h	SD	Onset & Duration			Offset & Duration			Sleep Onset & Offset		
					r	t	p	r	t	p	r	t	p
5/22/13	Hadza 1	6	7.08	0.91	-0.79	-2.56	0.0600	0.95	6.04	0.00	-0.6	-1.48	0.1700
5/22/13	Hadza 2	6	5.81	0.91	-0.67	-1.81	0.1500	0.76	2.35	0.08	-0.1	-0.20	0.8500
5/22/13	Hadza 3	6	6.45	0.99	-0.98	-10.50	0.0005	-0.34	-0.72	0.51	0.32	0.68	0.5100
5/22/13	Hadza 4	6	5.91	0.86	-0.81	-2.81	0.0500	-0.04	-0.08	0.94	0.56	1.36	0.2100
5/22/13	Hadza 5	6	6.47	0.84	-0.54	-1.28	0.2700	0.75	2.28	0.09	-0.12	-0.24	0.8100
5/22/13	Hadza 6	5	5.26	1.33	-0.98	-9.12	0.0030	0.00	0.00	1.00	0.15	0.31	0.7700
5/22/13	Hadza 7	6	6.48	0.6	-0.92	-4.81	0.0090	-0.02	-0.05	0.97	0.28	0.59	0.5700
5/22/13	Hadza 8	6	5.79	1.9	-0.96	-6.45	0.0030	0.72	2.08	0.11	-0.54	-1.27	0.2400
5/22/13	Hadza 9	6	7.41	0.51	-0.60	-1.50	0.2100	0.82	2.82	0.05	-0.21	-0.44	0.6700
5/22/13	Hadza 10	6	6.36	1.42	-0.82	-2.89	0.0400	-0.02	-0.05	0.97	0.56	1.34	0.2100
AVG					-0.81	-4.37	6 Sig. all neg.	0.36	1.47	2 Sig. all pos.	0.03	0.07	None Sig.

					TSIMANÉ								
midpoint of recording	Subject	# of days	dura- tion h	SD	Onset & Duration			Offset & Duration			Sleep Onset & Offset		
					r	t	p	r	t	p	r	t	p
08/18/13	1001	8	5.17	0.88	-0.70	-2.38	0.0600	-0.13	-0.32	0.7600	0.78	3.01	0.0200
08/18/13	1002	8	6.2	1.32	-0.94	-6.79	0.0000	-0.03	-0.07	0.9500	0.31	0.80	0.4600
08/18/13	1013	8	7.21	1.54	-0.07	-0.16	0.8800	-0.59	-1.80	0.1200	0.70	2.39	0.0500
08/18/13	1014	8	7.68	1.52	-0.98	-11.48	0.0000	-0.50	-1.40	0.2100	0.66	2.18	0.0700
08/18/13	1036	8	8.27	0.73	-0.61	-1.90	0.1100	0.59	1.81	0.1200	0.18	0.36	0.7300
08/18/13	1042	7	6.62	0.71	-0.94	-6.02	0.0000	-0.64	-1.84	0.1300	0.80	2.99	0.0300
08/18/13	1043	8	6.52	1.96	-0.90	-5.11	0.0000	-0.66	-2.14	0.0800	0.49	1.39	0.2100
08/18/13	1045	8	6.6	1.02	0.24	0.60	0.5700	0.62	1.94	0.1000	-0.49	-1.37	0.2200
08/18/13	91023	8	5.88	0.9	-0.78	-3.09	0.0200	0.15	0.37	0.7300	0.48	1.36	0.2200
09/01/13	15026	7	6.14	1.81	-0.38	-0.92	0.4000	0.80	2.99	0.0300	-0.07	-0.16	0.8800
09/01/13	15027	7	5.82	1.48	-0.82	-3.24	0.0200	0.81	3.04	0.0300	-0.42	-1.03	0.3500
09/01/13	15030	7	6.82	0.9	-0.71	-2.28	0.0700	0.79	2.97	0.0300	-0.16	-0.36	0.7400
09/01/13	15031	6	5.44	0.88	-0.86	-3.30	0.0300	0.52	1.21	0.2900	-0.16	-0.32	0.7600
09/01/13	15032	6	6.45	0.66	-0.44	-0.97	0.3900	0.29	0.60	0.5800	-0.04	-0.08	0.9400
09/01/13	15039	7	5.62	1.56	-0.35	-0.83	0.4500	0.45	1.13	0.3100	0.39	0.94	0.3900
09/01/13	15054	7	5.35	2.53	-0.96	-7.91	0.0005	-0.19	-0.43	0.6900	0.43	1.06	0.3400
09/01/13	15055	7	7.31	0.93	-0.75	-2.55	0.0510	0.69	2.13	0.0900	-0.14	-0.32	0.7600
09/01/13	15950	7	8.54	1.62	-0.97	-8.48	0.0004	0.34	0.81	0.4600	-0.20	-0.45	0.6700
10/03/13	81191	7	6.13	4.69	-0.86	-3.72	0.0140	0.40	0.99	0.3700	0.12	0.27	0.7950
10/03/13	81192	8	6.05	1.95	-0.93	-5.98	0.0010	-0.01	-0.02	0.9800	0.38	1.02	0.3500
10/03/13	81193	7	5.58	1.34	-0.95	-6.83	0.0010	-0.63	-1.79	0.1300	0.79	2.84	0.0400
10/03/13	81194	6	4.95	1.68	-0.87	-3.54	0.0200	-0.15	-0.31	0.7700	0.41	0.90	0.4200
10/03/13	81195	7	7.51	2.54	-0.01	-0.02	0.9900	0.59	1.62	0.1600	-0.34	-0.82	0.4500

10/03/13	81202	7	7.98	0.65	-0.74	-2.44	0.0600	0.55	1.47	0.2000	0.01	0.01	0.9900
10/03/13	81203	7	8.31	1.03	-0.89	-4.26	0.0080	0.68	2.06	0.0900	-0.33	-0.79	0.4700
10/03/13	81204	7	6.31	1.16	-0.81	-3.09	0.0300	-0.44	-1.11	0.3200	0.87	3.93	0.0100
10/03/13	81215	7	7.87	1.05	-0.96	-7.74	0.0006	0.20	0.45	0.6700	-0.02	-0.05	0.9600
10/03/13	81222	7	6.72	0.78	-0.40	-0.88	0.4300	0.34	0.72	0.5100	0.53	1.24	0.2800
10/18/13	81058	7	7.05	2.02	0.09	0.19	0.8600	0.35	0.84	0.4400	-0.55	-1.48	0.1999
10/18/13	81144	6	6.69	0.77	-0.85	-3.28	0.0300	0.66	1.75	0.1600	-0.22	-0.45	0.6800
10/18/13	81164	7	6.17	0.85	-0.52	-1.35	0.2300	0.43	1.05	0.3400	0.52	1.38	0.2300
10/18/13	81165	7	6.42	0.86	-0.90	-4.71	0.0050	0.72	2.30	0.0700	-0.44	-1.10	0.3200
10/18/13	81279	7	6.84	1.48	-0.76	-2.65	0.0500	-0.13	-0.13	0.7900	0.72	2.29	0.0700
10/18/13	981054	5	6.47	1.58	-0.95	-5.23	0.0100	-0.43	-0.82	0.4700	0.69	1.65	0.1980
10/29/13	81025	6	5.47	2.22	-0.96	-6.81	0.0024	-0.55	-1.31	0.2600	0.71	1.99	0.1200
10/29/13	81284	6	6.18	0.97	-0.62	-1.59	0.1900	0.34	0.72	0.5100	0.30	0.64	0.5600
10/29/13	81405	6	8.15	1.16	-0.38	-0.82	0.4600	0.47	1.08	0.3400	0.60	1.48	0.2100
11/28/13	40002B	7	5.79	0.82	-0.89	-4.46	0.0070	-0.01	-0.01	0.9800	-0.11	-0.24	0.8200
11/28/13	40020	7	4.82	1.29	-0.69	-2.10	0.0900	0.72	2.32	0.0700	-0.06	-0.14	0.8980
11/28/13	40006	4	4.52	0.92	-0.67	-1.27	0.3300	0.42	0.66	0.5800	0.39	0.60	0.6100
11/28/13	40071	7	5.87	0.45	0.95	6.92	0.0001	0.95	26.28	0.0000	0.93	5.79	0.0021
11/28/13	40076	6	7.05	1.2	-0.56	-1.35	0.2500	0.75	2.29	0.0800	0.04	0.07	0.9500
11/28/13	40183	6	5.38	1.47	-0.90	-4.20	0.0100	0.23	0.48	0.6600	0.18	0.38	0.7300
11/28/13	40720	7	4.78	1.11	-0.73	-2.42	0.0600	0.49	1.27	0.2600	0.20	0.46	0.6600
11/28/13	40852	6	7.66	1.73	-0.92	-4.64	0.0098	0.94	5.44	0.0055	-0.75	-2.26	0.0900
11/29/13	73280	7	4.1	1.25	-0.84	-3.51	0.0200	0.28	0.65	0.5400	0.27	0.63	0.5600
11/28/13	73281	6	6.43	0.88	-0.87	-3.60	0.0200	0.62	1.58	0.1900	0.20	-0.41	0.7000
AVG					-0.67	-3.24	28 Sig.	0.26	1.31	5 Sig.	0.20	0.67	6 Sig.
					all neg.			all pos			all pos.		

SAN													
midpoint of recording	Subject	# of days	dura- tion h	SD	Onset & Duration			Offset & Duratio			Sleep Onset & Offset		
					r	t	p	r	t	p	r	t	p
5/22/14	TS 11 Den	21	7.68	1.71	-0.62	-3.67	0.0020	0.76	5.12	0.0001	0.46	2.28	0.0350
5/22/14	TS Den 12	20	7.12	1.95	-0.83	-6.26	6.5900	0.24	1.06	0.3000	-0.28	-1.24	0.2300
5/22/14	TS Den 13	21	7	1.64	-0.93	-10.67	0.0000	0.37	1.75	0.0960	-0.06	-0.26	0.7960
5/22/14	TS Den 14	21	7.57	2.21	-0.96	-14.76	0.0000	0.34	1.56	0.1400	-0.12	-0.51	0.6100
5/22/14	TS Den 15	21	5.86	1.9	-0.55	-2.89	0.0090	0.45	2.19	0.0410	0.36	1.66	0.1100
5/22/14	TS Den 16	21	7.57	1.98	-0.97	-16.34	0.0000	0.29	1.34	0.1960	-0.13	-0.56	0.5800
5/22/14	TS Den 17	21	7.18	2.14	-0.84	-6.82	0.0000	0.38	1.80	0.0870	0.12	0.51	0.6200
5/22/14	TS Den 18	21	6.94	1.98	-0.96	-14.11	0.0000	0.66	3.78	0.0013	0.82	6.24	0.0000
5/22/14	TS Den 19	21	7.01	1.58	-0.79	-5.66	0.0000	0.30	1.36	0.1900	0.25	1.11	0.2800
5/22/14	TS Den 20	21	6.88	1.87	-0.95	-12.78	0.0000	0.42	2.03	0.0600	-0.17	-0.73	0.4700
8/16/14	TS Den 11B	11	7.68	1.71	0.00	-5.32	0.0005	0.56	2.03	0.0730	-0.17	-0.50	0.6300
8/16/14	TS Den 12B	11	7.38	1.22	-0.94	-8.40	0.0000	0.33	1.03	0.3300	-0.03	-0.08	0.9400
8/16/14	TS Den 13B	11	5.26	0.78	-0.71	-3.04	0.0100	0.04	0.12	0.9100	0.61	2.31	0.0500
8/16/14	TS Den 14B	11	7.43	0.65	-0.67	-2.70	0.0200	0.31	0.99	0.3500	0.41	1.35	0.2100
8/16/14	TS Den 15B	11	6.77	1.15	-0.87	-5.39	0.0004	0.71	3.01	0.0100	-0.49	-1.66	0.1300

1/29/15	DEC 13A	27	5.9	1.07	-0.88	-9.43	0.0000	0.33	1.73	0.0960	0.04	0.19	0.8500
1/29/15	DEC 14A	27	6.31	1.42	-0.90	-10.05	0.0000	0.59	3.67	0.0012	-0.21	-1.06	0.2970
1/28/15	DEC 15A	23	4.94	1	-0.36	-1.77	0.0900	0.58	3.23	0.0004	0.42	2.12	0.0500
1/29/15	DEC 16A	27	6.56	1.35	-0.87	-8.68	0.0000	0.41	2.23	0.0400	-0.08	-0.42	0.6800
1/28/15	DEC 17A	28	6.09	1.37	-0.14	-0.72	0.4800	0.81	6.93	0.0000	-0.19	-0.98	0.3400
1/28/15	DEC 18A	27	6.81	1.52	0.01	0.06	0.9600	0.77	6.04	0.0000	0.26	1.35	0.1900
1/28/15	DEC 19A	28	6	1.4	-0.27	-1.42	0.1700	0.37	2.05	0.0500	0.01	0.03	0.9800
1/29/15	DEC 20A	29	6.34	1.62	-0.93	-13.27	0.0000	0.50	2.97	0.0062	-0.22	-1.17	0.2500
1/28/15	DEC 12B	29	6.74	1.23	-0.81	-7.11	0.0000	0.57	3.56	0.0014	-0.03	-0.15	0.8800
1/28/15	DEC 13B	29	5.3	1.16	-0.81	-7.20	0.0000	0.50	3.01	0.0060	-0.01	-0.06	0.9500
1/31/15	DEC 14B	26	6.83	1.42	-0.84	-7.67	0.0000	0.27	1.36	0.1900	0.25	1.28	0.2100
1/29/15	DEC 15B	27	6.6	1.78	-0.80	-6.75	0.0000	0.81	6.96	0.0000	-0.38	-2.04	0.0500
AVG					-0.71	-7.14	22 Sig. all neg.	0.47	2.70	14 Sig. all pos.	0.05	0.33	5 Sig. 4 pos.

