

Additional file 3

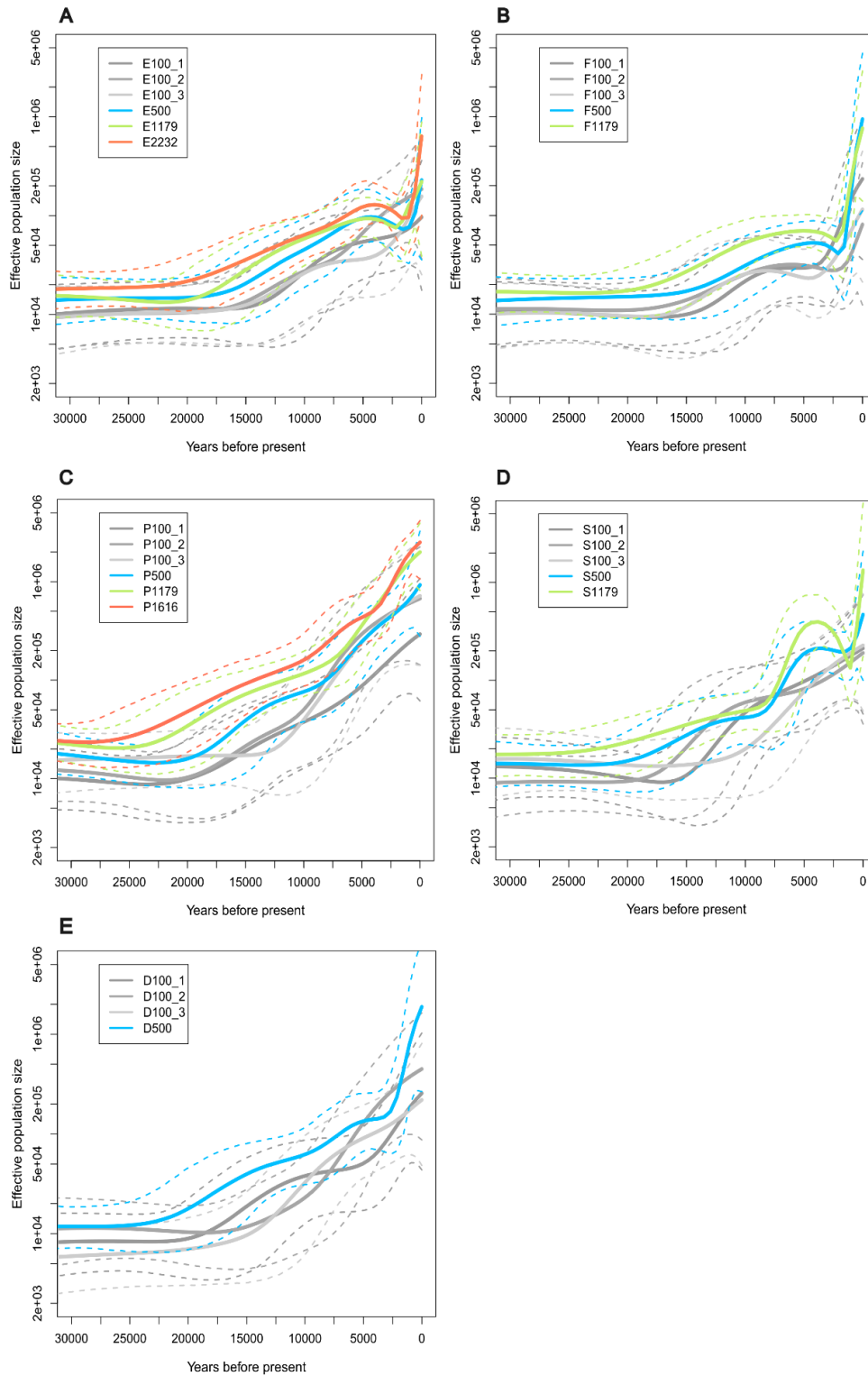


Fig. S1. Effect of sample sizes on the estimates of maternal Ne with cut-off at 30,000 YBP. Populations: Estonian (A), Finnish (B), Polish (C), Swedish (D) and Danish (E). The bold continuous central lines represent

the mean N_e and dotted lines indicate the 95% highest posterior density intervals. Effective population size is plotted on a log scale and assumes a generation time of 23 years, following *Wang et al., Science Advances 2023*. Three sample sizes (100, 500 and 1179) were evaluated for four populations, two sample sizes (100, 500) for the Danish population. For the Estonian and Polish populations, the full sample sizes of 2,232 and 1,616, respectively, were additionally analysed. Colours corresponding to each sample size are shown in the figure key. Mutation rate, along with the resulting time correction, was set according to *Soares et al., Soares et al., American Journal of Human Genetics 2009*.

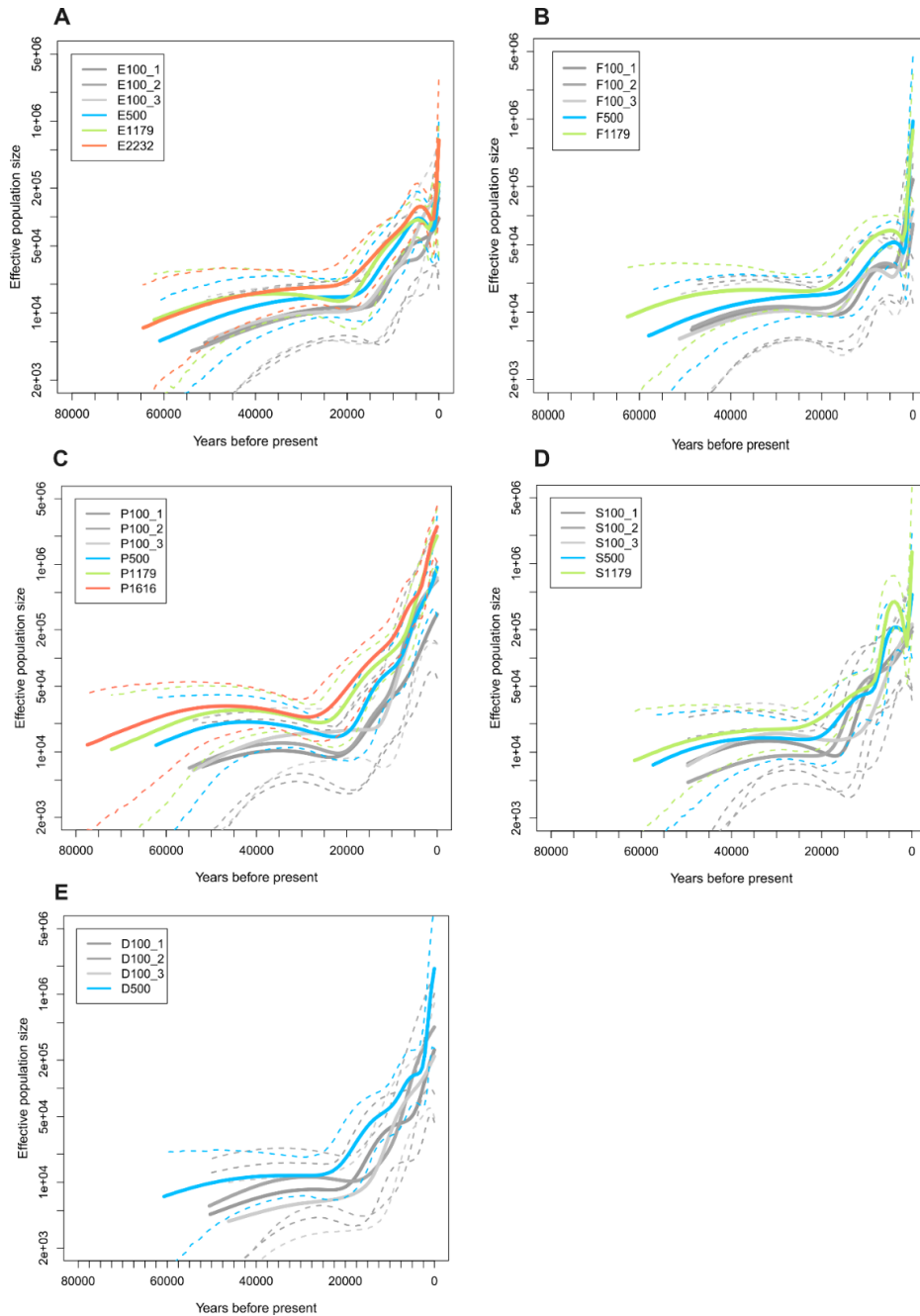


Fig. S2. Effect of sample sizes on Bayesian Skyline estimates of maternal N_e without temporal cut-off. Populations: Estonian (A), Finnish (B), Polish (C), Swedish (D) and Danish (E). The bold continuous central

lines represent the mean N_e , and the dotted lines indicate the 95% highest posterior density intervals. Effective population size is plotted on a log scale and assumes a generation time of 23 years, following Wang *et al.*, *Science Advances* 2023. Three sample sizes (100, 500, and 1,179) were evaluated for four populations, two sample sizes (100, 500) for the Danish population. For the Estonian and Polish populations, the full sample sizes of 2,232 and 1,616, respectively, were additionally analysed. Colours corresponding to each sample size are shown in the figure key. Mutation rate, along with the resulting time correction, was set according to Soares *et al.*, *American Journal of Human Genetics* 2009.

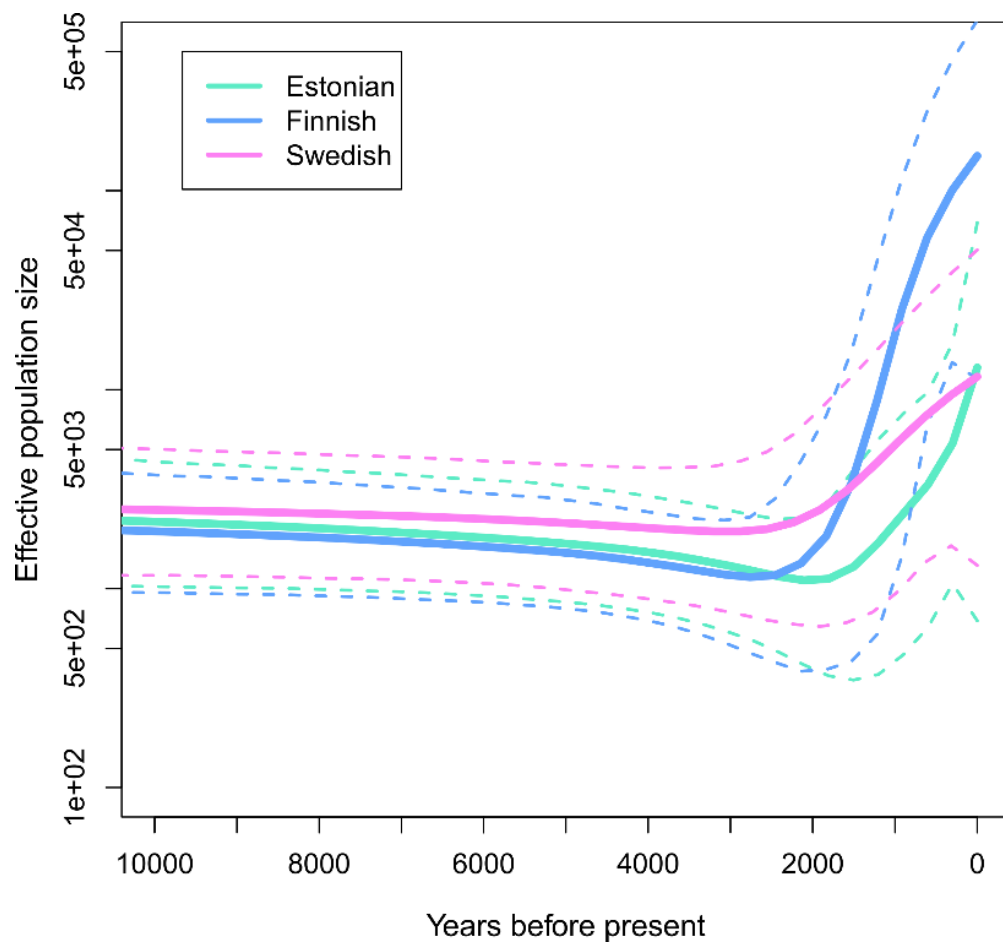


Fig. S3. Comparison of female N_e dynamics in clades shared among the Estonian, Finnish and Swedish populations. The bold continuous central lines represent the mean N_e and dotted lines indicate the 95% highest posterior density intervals. Lines are coloured according to the figure key. Effective population size is plotted on a log scale and assumes a generation time of 23 according to Wang *et al.*, *Science Advances* 2023.

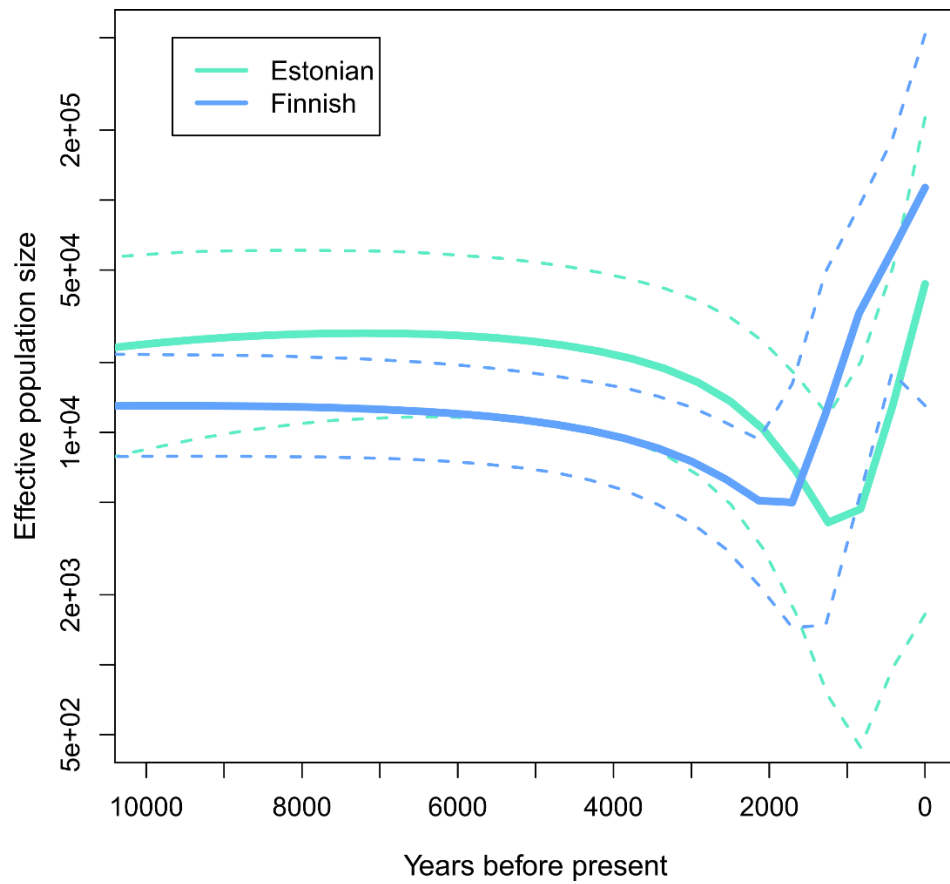


Fig. S4. Comparison of female Ne dynamics in clades shared among the Estonian and Finnish populations. The bold continuous central lines represent the mean Ne and dotted lines indicate the 95% highest posterior density intervals. Lines are coloured according to the figure key. Effective population size is plotted on a log scale and assumes a generation time of 23 years according to *Wang et al., Science Advances 2023*.