Table S1

	Number of mRNA in Spom.N-		Number of mRNAs in Scer.Oxi		Number of mRNAs in Scer.aa-	
	A. $\log2(S/N) > 0$	**B.** $\log2(S/N) < 0$	**A.** $\log2(S/N) > 0$	**B.** $\log2(S/N) < 0$	**A.** $\log2(S/N) > 0$	**B.** $\log2(S/N) < 0$
1. All – RiboSeq	3,289	526	1,999	189	1,678	144
2. All - RNASeq	1,765	1,843	1,423	959	925	1,324
3. 5'UTR no uORFs - RiboSeq	2,450	398	1,880	173	1,649	139
4. 5'UTR uORFs – RiboSeq	839	128	119	16	29	5
(5. *bona fide* translated)	(286)	(32)				

Table S1. No significant impact of uORFs in the increased number of mRNAs with higher 5'UTR to CDS ratio of Ribo-Seq reads in stress than in normal conditions. Comparison of the number of genes for which the 5'UTR to CDS ratio of Ribo-Seq reads is higher in stress than in normal conditions (A) and the number of genes for which it is higher in normal than in stress conditions (B). $S/N = (5'UTR/CDS)_{stress}/(5UTR/CDS)_{normal}$, where 5'UTR is the number of mapped Ribo-Seq reads in the 5'UTR region and CDS the number of Ribo-Seq reads in the CDS region. No uORFs - RiboSeq refers to mRNAs in which the 5'UTR contains no uORFs. Note that we only analyzed mRNAs with a minimum of 10 mapped reads, taking the average between the replicates, in at least one of the conditions. The proportions in A and B for 3 and 4 (and 5) show no significant differences to the proportions in A and B for 1, according to a Fisher test ($p > 0.05$), for all three datasets, denoting that the presence of uORFs does not have a significant impact in the number of cases in which the ratio is higher in stress than in normal conditions. *Bona fide* translated uORFs were predicted on the basis of high three nucleotide periodicity and homogeneity of the Ribo-Seq reads along the ORF, using the RibORF program (score > 0.7). Only data for *Spom.N-* dataset is shown because the other datasets did not comprise a sufficient number of cases. The data is related to Figure 1 in the main manuscript file.

Dataset	Cluster	Observed	Expected	FDR	status
5'UTR contains uORFs					
	translation (GO Biological process)	4.02 % (40/996)	7.81% (401/5136)	4.2e-05	Under-representation
	Highly expressed genes (Expression)	3.61 % (36/996)	8.90 % (457/5136)	9.65e-10	Under-representation
	core environmental stress response repressed (Expression)	2.61 % (26/996)	8.55 % (439/5136)	1.31e-13	Under-representation
	oxidative stress cluster 3 (Expression)	9.04% (90/996)	5.76% (296/5136)	0.00053	Over-representation

Table S2. Functional term analysis for genes with uORFs. We investigated the over-representation or under-representation of Gene Ontology terms and Expression Clusters in the set of *S. pombe* genes with uORFs. We focused on potentially translated uORFs covered by 10 or more Ribo-Seq reads taking all samples together. The enrichment was calculated using a Fisher test and false discovery rate (FDR) correction. We are showing the most representative clusters with FDR < 0.01 that had at least 5% frequency in the general gene set. The analysis was performed with AnGeLi (Analysis of Gene Lists) web server application from the Bähler Lab at University College London (http://bahlerweb.cs.ucl.ac.uk/cgi-bin/GLA/GLA_input).

Gene set	Scer.aa-	Scer.Oxi	Spom.N-	class
RNA-UP/RIBO-UP	161	310	295	Transcriptionally upregulated
RNA-DOWN/RIBO-DOWN	294	585	228	Transcriptionally downregulated
RIBO-UP/RNA ns	114	154	194	Translationally upregulated
RIBO-DOWN/RNA ns	83	152	363	Translationally downregulated
RNA-UP/RIBO ns	159	127	49	Postranscriptional buffering
RNA-DOWN/RIBO ns	129	144	38	Postranscriptional buffering
RNA-UP/Ribo-DOWN	0	0	0	-
RNA-DOWN/Ribo-UP	1	1	0	-
RNA & RIBO ns	1939	3713	3383	-
TOTAL	2880	5186	4550	

Table S3. Defining the type of gene regulation using DGE data from RNA-Seq and Ribo-Seq. The number of genes in each type and experiment is shown. ns: non-significant in the DGE analysis. RNA UP – RIBO UP: transcriptional upregulation during stress; RNA DOWN – RIBO DOWN: transcriptional downregulation during stress; RIBO UP- RNA ns: genes up-regulated at the level of translation during stress (translational UP stress); RIBO DOWN – RNA ns: genes down-regulated at the level of translation during stress (translational DOWN stress); RNA DOWN – RIBO ns: post-transcriptional buffering; RNA UP – RIBO ns: post-transcriptional buffering.

Dataset	GO Biological process	Observed	Expected	FDR
Translational UP stress				
	Core Environmental Stress Response induced	34.54 % (67/194)	10.44 % (536/5136)	1.64984e-16
	Oxidative Stress Cluster 4	26.8 % (52/194)	8 % (411/5136)	3.37152e-12
Translational DOWN stress				
	cytoplasmic translation	28.65 % (104/363)	4.77 % (245/5136)	1.72897e-55
	rRNA metabolic process	16.25 % (59/363)	4.23 % (217/5136)	2.93907e-18
	biosynthetic process	53.44 % (194/363)	32.67 % (1678/5136)	9.46996e-15
Transcriptional UP stress				
	amino acid transport	4.41 % (13/295)	0.76 % (39/5136)	3.87e-05
Transcriptional DOWN stress				
	cytoplasmic translation	31.28 % (71/227)	4.77 % (245/5136)	6.8e-39
Postranscriptional buffering UP stress				
	Core Environmental Stress Response induced	55.1 % (27/49)	10.44 % (536/5136)	8.74e-11
	Oxidative Stress Cluster 4	42.86 % (21/49)	8 % (411/5136)	1.26e-07
	Reproduction module	26.53 % (13/49)	5.74 % (295/5136)	0.0071
Postranscriptional buffering DOWN stress				
	ribosome biogenesis	39.47% (15/38)	6.93% (356/5136)	2.54251e-05
	rRNA metabolic process	26.32% (10/38)	4.23% (217/5136)	0.00143553

Table S4. Gene Ontology term enrichment for genes regulated during stress. Analysis of genes classified in different regulatory modes according to DGE analysis of the *Spom.N-* dataset. The enrichment was calculated using a Fisher test and false discovery rate (FDR) correction. Terms with a FDR < 0.01 were retrieved; we filtered out highly redundant terms and took the largest one as the representative. The analysis was performed with AnGeLi (Analysis of Gene Lists) web server application from the Bähler Lab at University College London (http://bahlerweb.cs.ucl.ac.uk/cgi-bin/GLA/GLA_input).

Scer.aa-

	RIBO UP - RNA ns	RIBO DOWN- RNA ns	RNA DOWN – RIBO ns	RNA UP – RIBO ns	RIBO UP - RNA UP	RNA DOWN- RIBO DOWN	RNA UP - RIBO DOWN	RIBO UP - RNA DOWN	ns	Total
Increased TE	**13**	0	7	0	11	1	0	1	2	**35**
Decreased TE	0	**9**	0	18	4	9	0	0	6	**46**
All genes DGE analysis	114	83	129	159	161	294	0	1	1939	2880

Scer.Oxi

	RIBO UP - RNA ns	RIBO DOWN-RNA ns	RNA DOWN – RIBO ns	RNA UP – RIBO ns	RIBO UP - RNA UP	RNA DOWN – RIBO DOWN	RNA UP - RIBO DOWN	RIBO UP - RNA DOWN	ns	Total
Increased TE	**76**	0	86	0	55	89	0	1	509	**816**
Decreased TE	0	**115**	0	84	33	84	0	0	615	**931**
All genes DGE analysis	154	152	144	127	310	585	0	1	3713	5186

Spom.N-

	RIBO UP - RNA ns	RIBO DOWN-RNA ns	RNA DOWN – RIBO ns	RNA UP – RIBO ns	RIBO UP - RNA UP	RNA DOWN – RIBO DOWN	RNA UP - RIBO DOWN	RIBO UP - RNA DOWN	ns	Total
Increased TE	**33**	0	0	0	30	0	0	0	5	**68**
Decreased TE	0	**80**	0	3	0	45	0	0	34	**162**
All genes DGE analysis	194	363	38	49	295	228	0	0	3383	4550

Table S5. Analysis of gene showing significant changes in translational efficiency (TE) between stress and normal conditions. TE: translation efficiency. Increased or decreased TE refers to genes that show significant relative changes in TE in stress versus normal (Ribodiff, FDR < 0.05). Number of genes analyzed: *Scer.aa-* 2,880, *Scer.Oxi* 5,186, *Spom.N-* 4,550. Differential gene expression (DGE) analysis defined different regulatory gene types (see main manuscript file for details on the methods). RIBO UP- RNA ns: genes up-regulated at the level of translation during stress (translational UP stress); RIBO DOWN – RNA ns: genes down-regulated at the level of translation during stress (translational DOWN stress); RNA DOWN – RIBO ns: post-transcriptional buffering downregulation during stress; RNA UP – RIBO ns: post-transcriptional buffering upregulation during stress; RNA UP – RIBO UP: transcriptional upregulation during stress; RNA DOWN – RIBO DOWN: transcriptional downregulation during stress. ns: non-significant in the DGE analysis.

Dataset	Sequence database	Ribo-Seq N1	Ribo-Seq N2	Ribo-Seq S1	Ribo-Seq S2	RNA-Seq N1	RNA-Seq N2	RNA-Seq S1	RNA-Seq S2	Reference
Scer.aa-	GEO	SRR014374 SRR014375 SRR014376	SRR014377 SRR014378 SRR014379 SRR014380 SRR014381	SRR014368 SRR014369	SRR014370 SRR014371 SRR014372 SRR014373	SRR014385	SRR014386 SRR014387 SRR028774	SRR014382	SRR014383 SRR014384	Ingolia et al., 2019
Spom.N-	ArrayExpress	ERR1994961	ERR1994962	ERR1994969	ERR1994970	ERR1994959	ERR1994960	ERR1994967	ERR1994968	Duncan and Mata, 2018

Table S6. Sequence datasets used in the study. The source of the raw sequencing data is provided. N1: normal, replicate 1; N2: normal, replicate 2; S1: stress, replicate 1; S2: stress, replicate 2. In the case of *Scer.Oxi* the sequencing data was obtained from the authors.
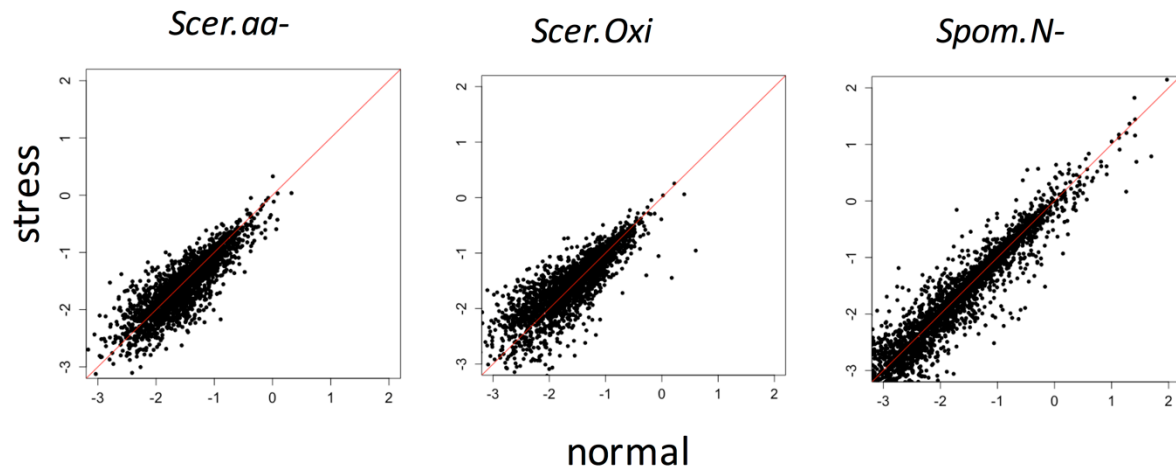
Figure S1. Log$_{10}$ ratio of 5'UTR to CDS RNA-Seq reads in stress versus normal conditions in the three experiments. In each sample the average was taken for replicates of the same experiment. Y axis: ratio of the 5'UTR and the downstream CDS number of counts in stress; X axis: ratio of the 5'UTR and the downstream CDS number of counts in normal conditions.
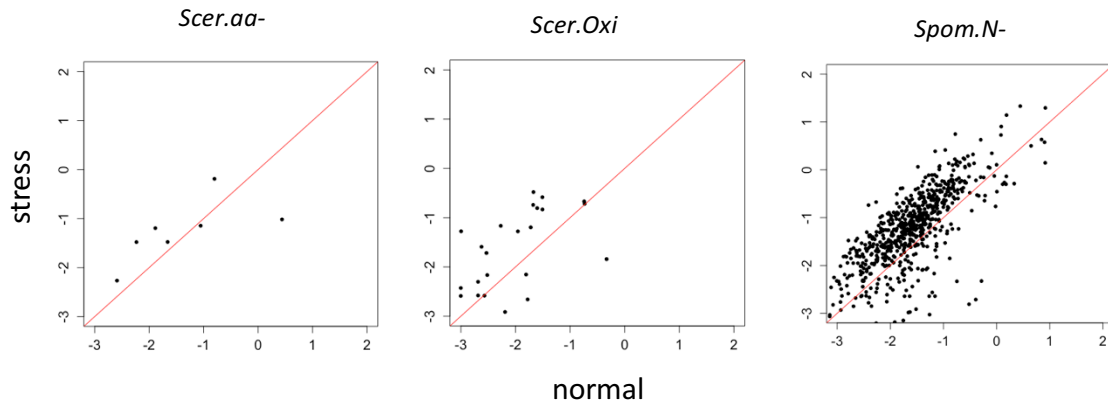
Figure S2. Log$_{10}$ ratio of translated uORF to CDS Ribo-Seq reads in stress versus normal conditions in the three experiments. Translated uORFs were predicted from the Ribo-Seq information in all samples taken together and using the software RibORF. uORFs with a RibORF score > 0.7 were selected. In each sample the average was taken for replicates of the same experiment. Y axis: ratio of the uORF and the downstream CDS number of counts in stress; X axis: ratio of the uORF and the downstream CDS number of counts in normal conditions. When several uORFs existed on the same mRNA we considered all of them separately. Number of datapoints: *Scer.aa-* 7; *Scer.Oxi* 29; *Spom.N-* 664.
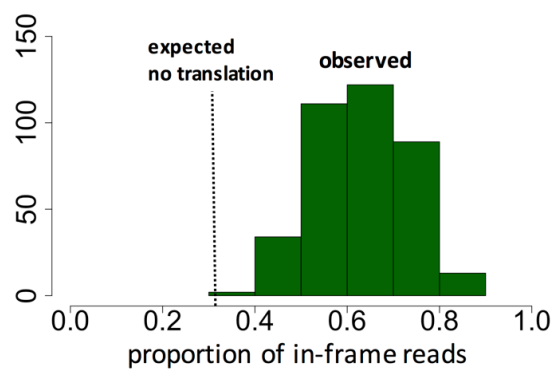
Figure S3. Three nucleotide periodicity of uORF mapped Ribo-Seq reads. Proportion of in-frame Ribo-Seq reads when we selected uORFs from the *Spom.N-* dataset with more than 50 mapped Ribo-Seq reads and a RibORF score higher than 0.7. Number of uORFs: 371; median observed: 0.636; expected no translation 0.333.
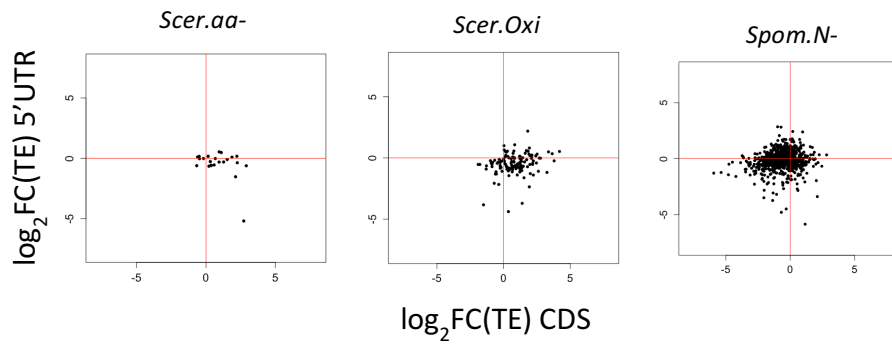
Figure S4. Changes in translational efficiency (TE) at the 5'UTR versus the CDS. Data is for 5'UTRs containing putatively translated uORFs. These uORFs had at least 10 mapped Ribo-Seq reads considering all samples together. We discarded genes with less than 10 mapped reads in both stress and normal condtions, taking the average between replicates, for Ribo-Seq and/or RNA-Seq experiments. Number of datapoints: *Scer.aa-* 23, *Scer.Oxi* 130, *Spom.N-* 797.
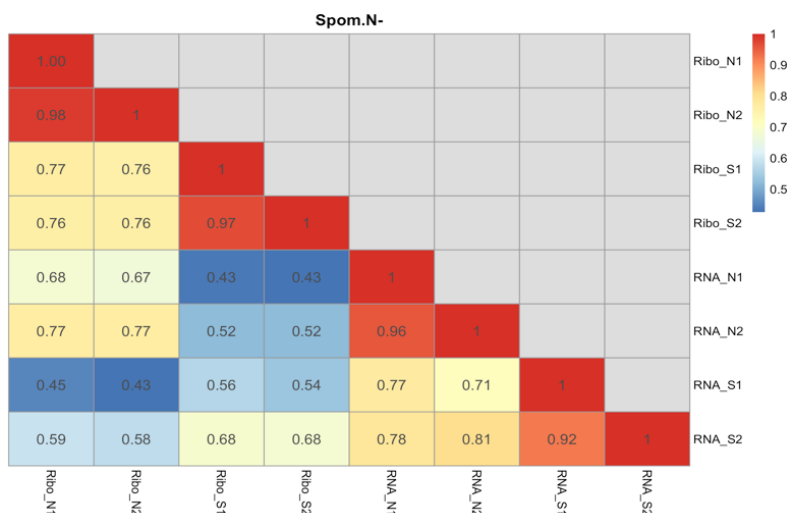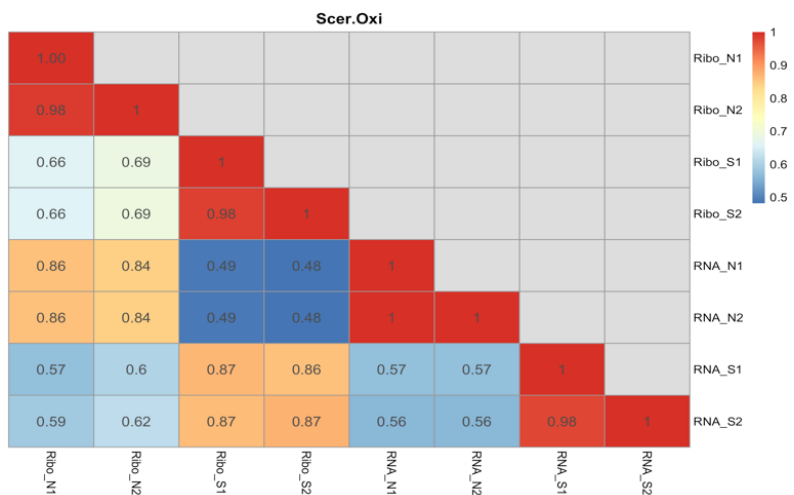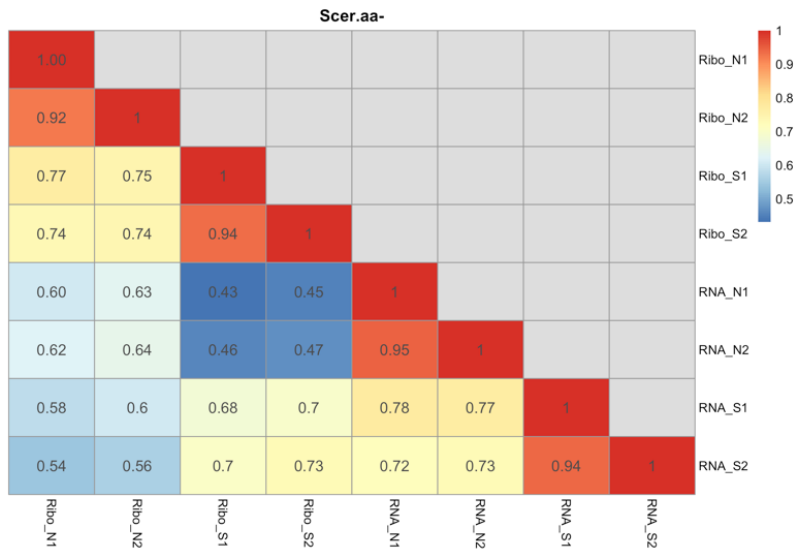
Figure S5. Pairwise Spearman correlation values in the number of mapped reads per gene. RNA: RNA-Seq; Ribo:Ribo-Seq. The values refer to the reads mapped to the CDS. Subsampled tables of counts were used (DGE analysis). N: normal condition; S: stress condition.
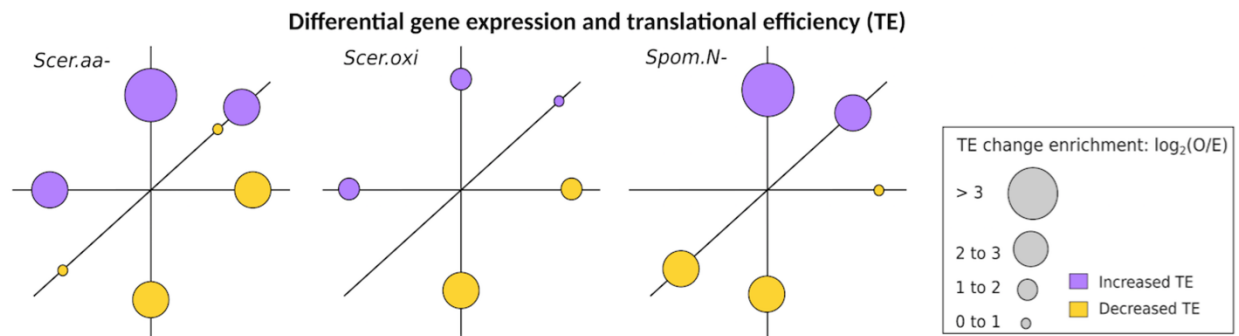
Differential gene expression and translational efficiency (TE)

Scer.aa-   *Scer.oxi*   *Spom.N-*

TE change enrichment: $\log_2(O/E)$

> 3

2 to 3

1 to 2   ■ Increased TE

0 to 1   ■ Decreased TE

Figure S6. Enrichment in mRNAs with increased or decreased TE in different DGE classes. We first defined genes with significantly increased TE or significantly decreased TE using RiboDiff (FDR<0.05). We then calculated the enrichment in these genes in the previously defined DGE classes (see Figure 2 in the main manuscript file). The enrichment was calculated as the $\log_2$ of the observed versus expected frequencies (see Table S4).
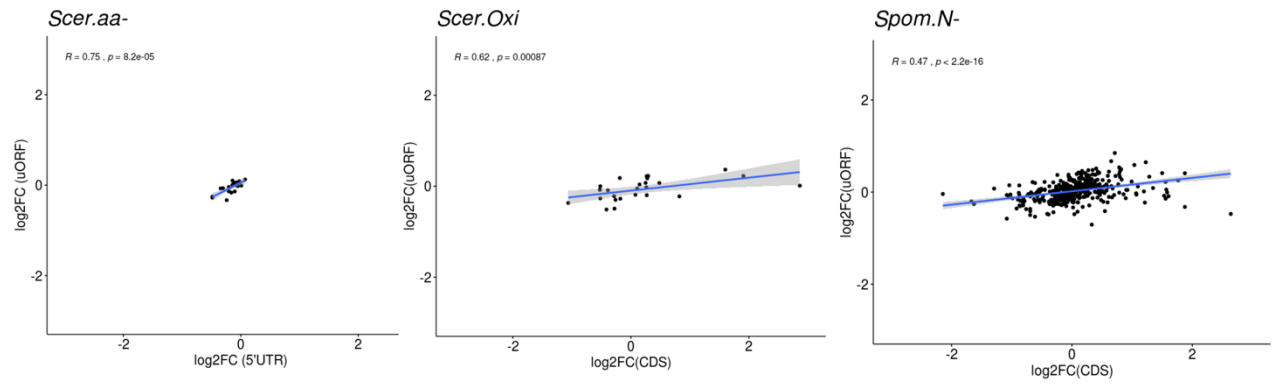
Figure S7. Ribosome density at the uORFs and downstream CDS is positively correlated. All mRNAs with uORFs were included. log2FC is the log2 of the ratio between the normalized Ribo-Seq reads at the 5'UTR and the CDS in stress conditions divided by the same ratio in normal conditions. Spearman correlation values are provided.
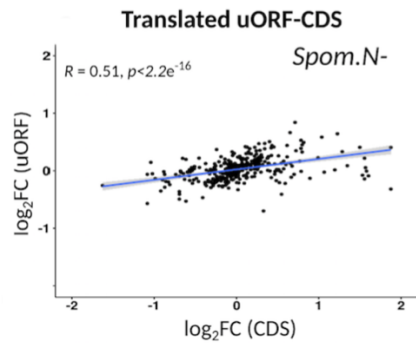
Figure S8. Ribosome density at the uORFs and downstream CDS is positively correlated. Data is for mRNAs containing *bona fide* highly translated uORFs in the Spom.N- dataset (number of mapped Ribo-Seq reads > 50, RibORF score > 0.7). log2FC is the log2 of the ratio between the normalized Ribo-Seq reads at the 5'UTR and the CDS in stress conditions divided by the same ratio in normal conditions. Spearman correlation is provided.
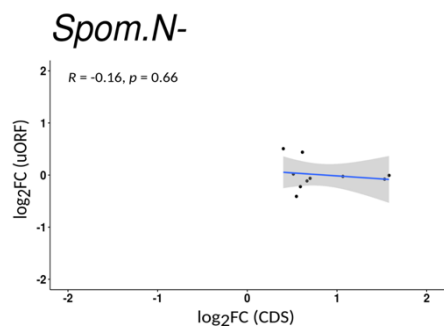
Figure S9. Comparison of changes in Ribo-Seq mapped reads in CDS and translated uORFs, for genes up-regulated at the level of translation. There is a lack of positive correlation in ribosome density changes between stress and normal conditions for CDS and *bona fide* highly translated uORFs. Data is for uORFs in the Spom.N- dataset with number of mapped Ribo-Seq reads > 50 and RibORF score > 0.7.

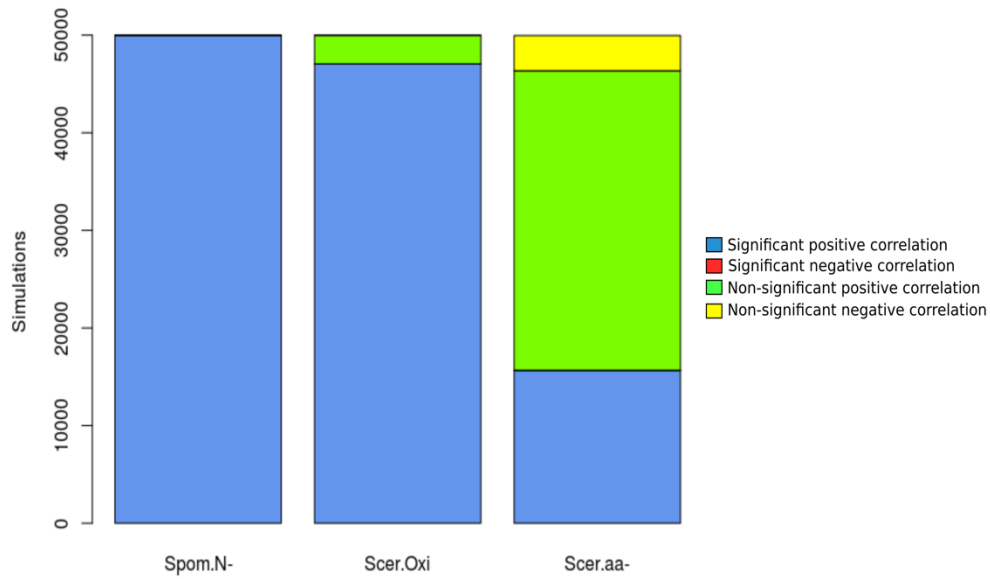**Correlation significance in random simulations (Translational UP-regulation)**

Figure S10. Random subsampling of genes with the same number of data-points as datasets in Figure 2. We performed 50,000 random simulations taking the same number of genes as in Figure 4A and measuring the correlation of the logFC between the number of mapped reads in 5'UTR and CDS. In most cases we obtained a significant positive correlation (in blue, significant at p-value < 0.05). In the experiment with the largest number of 5'UTR sequences, Spom.N-, we did not observe any case with significant negative correlation, as observed with real genes, indicating that the likelihood of observing our result by chance is less than 10^{-3}. In the experiment with the lowest number of 5'UTR sequences with mapped reads, Scer.aa-, we obtained many non-significant results due to the small samples size and the results were not conclusive.
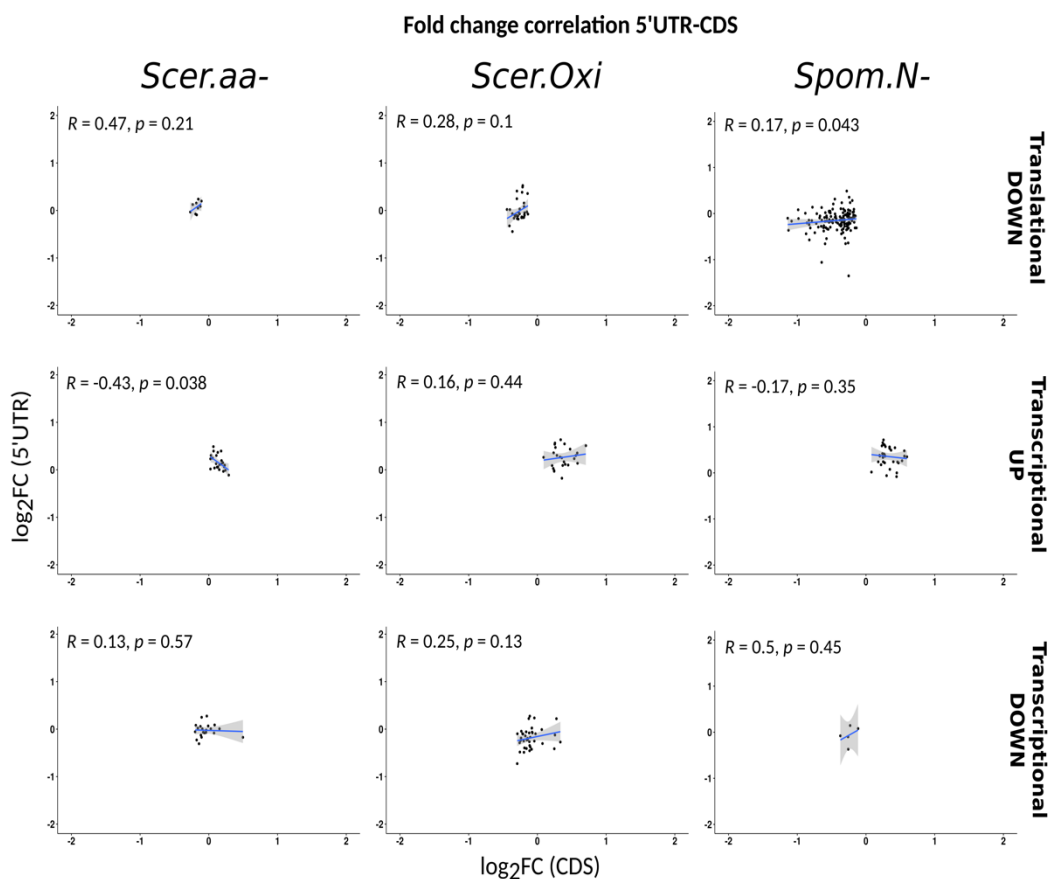
Figure S10. Comparison of changes in Ribo-Seq mapped reads for different gene sets. The sets of genes 'translational DOWN' and 'transcriptional DOWN' show a good agreement with the general trend of positive correlation in the changes in ribosome density between the CDS and the 5'UTR. The set of genes 'Transcriptional UP' does not show a consistent pattern across experiments.
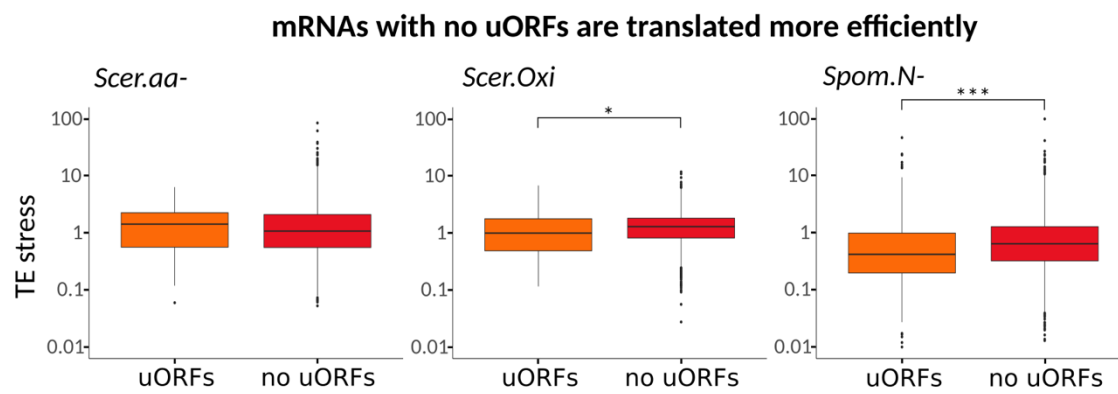
Figure S11. Relationship between uORFs and translational efficiency in stress conditions. We compared the translational efficiency (TE) of the main coding sequence in mRNAs that contained uORFs (uORFs) and those that did not contain uORFs (nou ORFs). In two of the datasets, *Spom.N-* and *Scer.Oxi*, the presence of uORFs is significantly associated with lower TE. The Ribo-Seq and RNA-Seq data was from stress conditions; we took the average TE for each gene. mRNAs with no defined 5'UTR sequences were not considered. uORFs were defined as in frame start to stop sequences at least 9 amino acids long and with at least 10 mapped Ribo-Seq reads. * p-value < 0.05; *** p-value < 10^{-10} (Wilcoxon test).