

Sleep-Wake differences and circadian rhythms of heart rate variability in Antarctica: Effects of polar night and isolation on autonomic regulation.

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Supplementary information

Table 4. LMMs estimates of circadian HRV rhythm Mesor and Acrophase

			Estimate	Std. Error	Statistic	p-value
RRM	<i>Mesor</i>	Isolation	-10	14	0.0	0.987
		Polar night	1	1	0.7	0.469
	<i>Acrophase</i>	Isolation	0.72	0.61	0.7	0.460
		Polar night	-0.05	0.04	-1.1	0.289
SDNN	<i>Mesor</i>	Isolation	-3.3	1.9	-1.0	0.307
		Polar night	0.2	0.1	1.6	0.113
	<i>Acrophase</i>	Isolation	-0.10	1.03	0.4	0.723
		Polar night	0.01	0.07	0.2	0.878
RMSSD	<i>Mesor</i>	Isolation	-0.64	1.29	-0.5	0.642

		Polar night	0.04	0.09	0.4	0.672
	<i>Acrophase</i>	Isolation	-0.24	1.26	1.0	0.343
		Polar night	0.03	0.09	0.4	0.723
VLF	<i>Mesor</i>	Isolation	-0.02	0.04	-1.0	0.330
		Polar night	0.00	0.00	0.5	0.639
	<i>Acrophase</i>	Isolation	1.09	0.61	1.0	0.345
		Polar night	-0.07	0.04	-1.7	0.101
LF	<i>Mesor</i>	Isolation	0.01	0.06	-1.2	0.229
		Polar night	0.00	0.00	-0.3	0.749
	<i>Acrophase</i>	Isolation	0.37	1.21	0.8	0.432
		Polar night	-0.02	0.08	-0.2	0.857
HF	<i>Mesor</i>	Isolation	-0.05	0.06	-1.1	0.285
		Polar night	0.00	0.00	0.7	0.462
	<i>Acrophase</i>	Isolation	0.37	1.21	1.2	0.250
		Polar night	-0.02	0.08	-0.1	0.915
HFNU	<i>Mesor</i>	Isolation	-0.43	1.08	-1.5	0.148
		Polar night	0.01	0.08	0.2	0.875
	<i>Acrophase</i>	Isolation	0.65	1.20	-1.1	0.278
		Polar night	-0.06	0.08	-0.7	0.468
LH	<i>Mesor</i>	Isolation	0.61	0.58	-0.3	0.751
		Polar night	-0.05	0.04	-1.1	0.269
	<i>Acrophase</i>	Isolation	0.16	1.66	-1.5	0.134
		Polar night	-0.04	0.12	-0.4	0.724

Shown are the results of the linear mixed models (LMMs) for each of the circadian HRV Mesor and Acrophase. 'Isolation' represents the linear term of the model, while 'Polar night' represents its quadratic term. RRM, average duration of RR intervals; SDNN, standard deviation of RR intervals in milliseconds; RMSSD, root mean square of successive RR interval differences; VLF, very low-frequency component; LF, low-frequency component; HF, high-frequency component; HFnu, normalized units of HF; LH, LF/HF ratio.