

SUPPLEMENTARY FIGURES

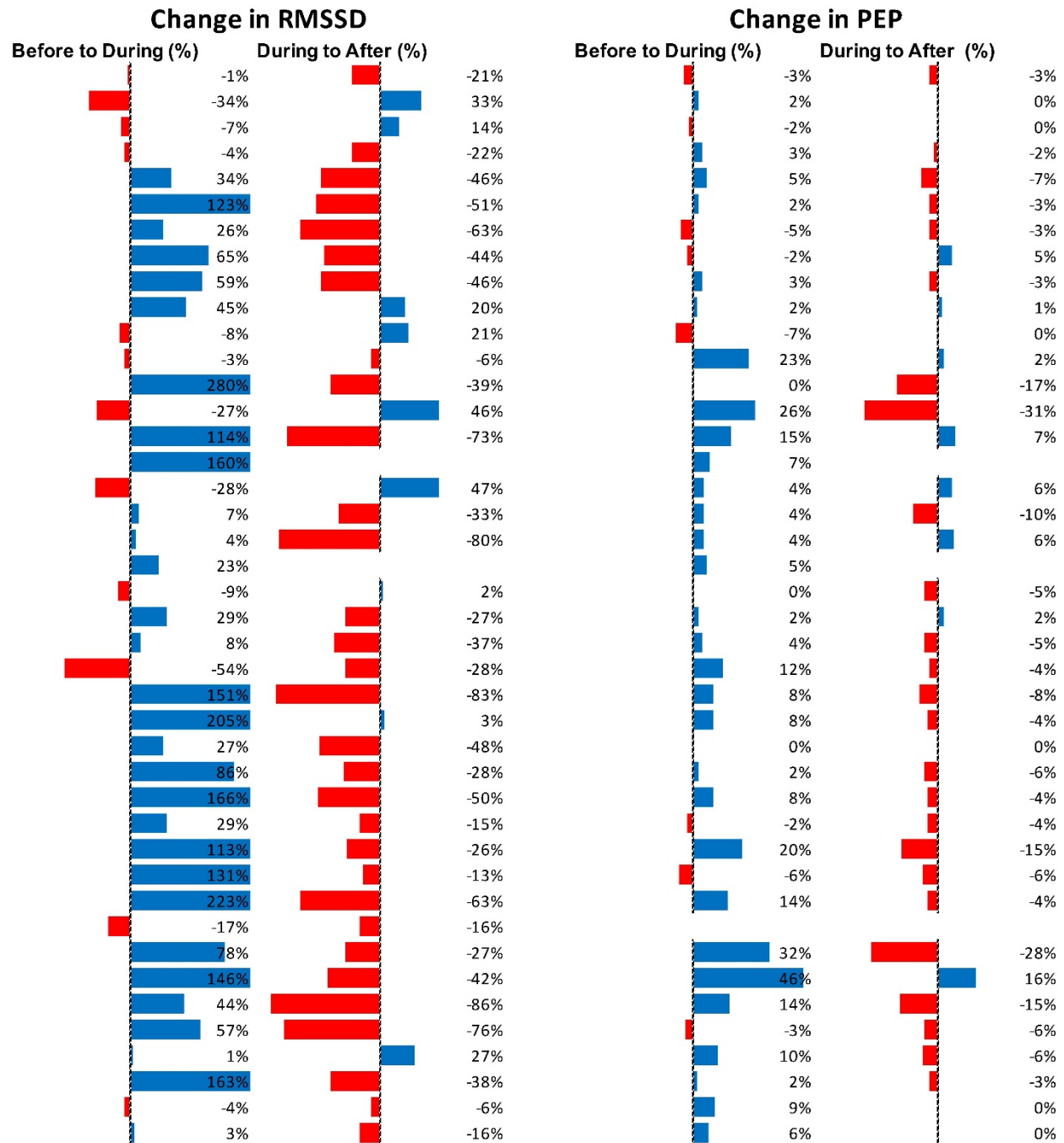


Figure S1: Changes in autonomic activity in response to all individual Motor Complexes. (N=42). Data are shown as % change. The Friedman test was applied for assessment of significance followed by Dunn's multiple comparisons test. RMSSD: before to during $p=0.0104$; during to recovery, $P < 0.0001$. PEP: before to during $p=0.0250$; during to recovery not significant (F-D)

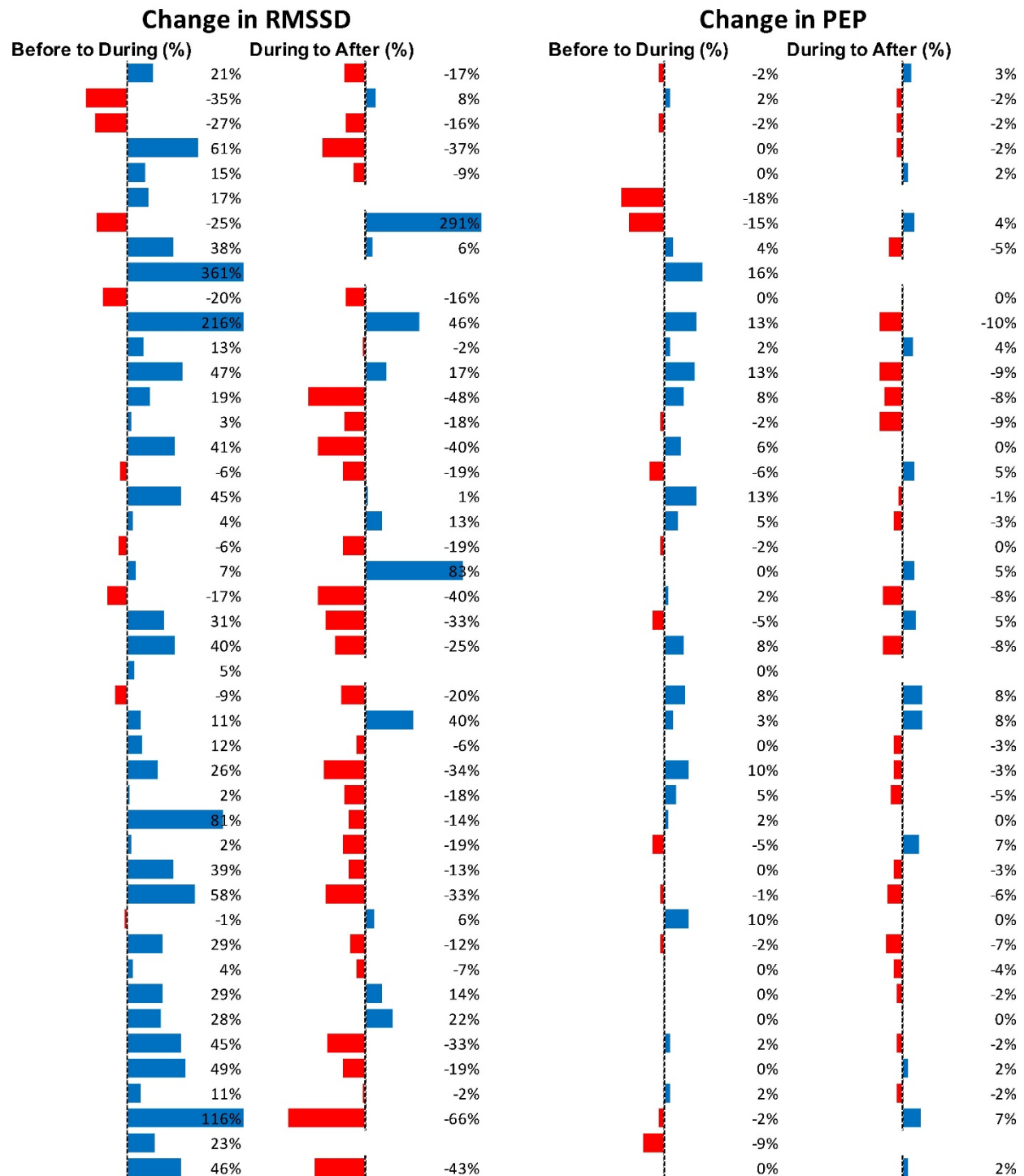


Figure S2: Changes in autonomic activity in response to all HAPW-SPW's

(N=45). Data are shown as % change. The Friedman test was applied for assessment of significance followed by Dunn's multiple comparisons test. RMSSD: before to during $p=0.0001$; during to recovery, $p<0.0001$. PEP: before to during, not significant; during to recovery, not significant (F-D)

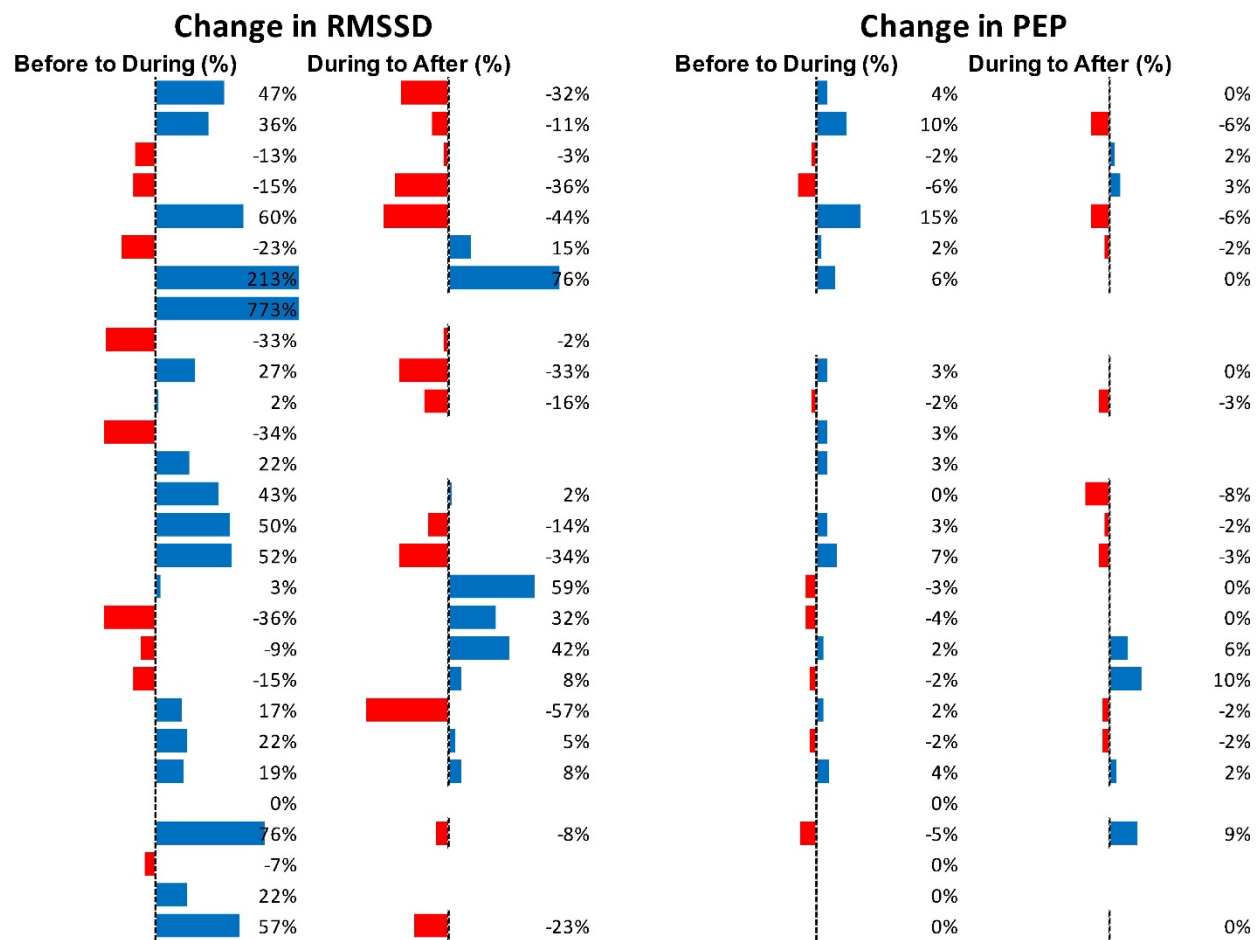


Figure S3: Changes in autonomic activity in response to all HAPW's (N=28). Data are shown as % change. The Friedman test was applied for assessment of significance followed by Dunn's multiple comparisons test. RMSSD: before to during, not significant; during to recovery, not significant. PEP: before to during, not significant. ; during to recovery, not significant (F-D)

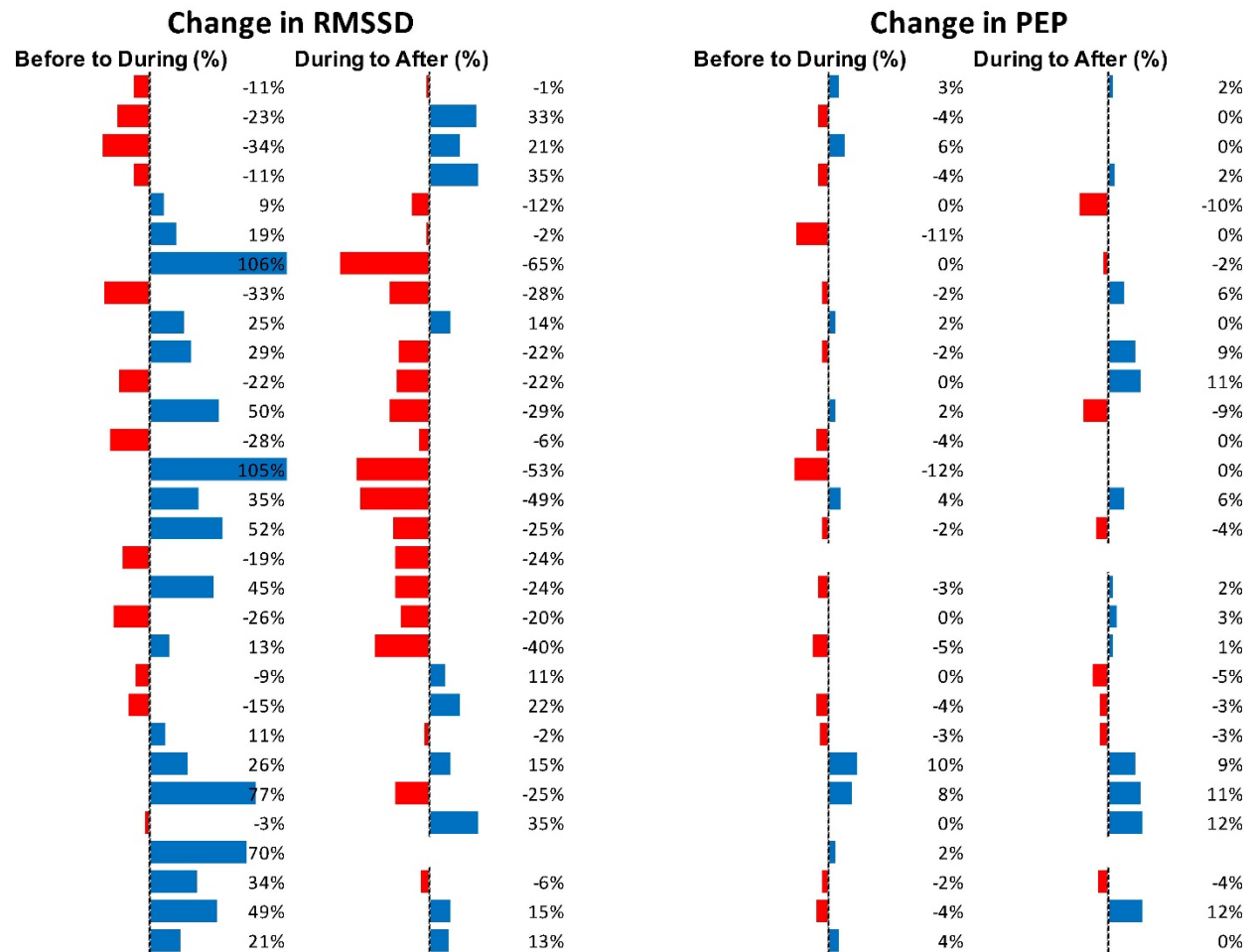
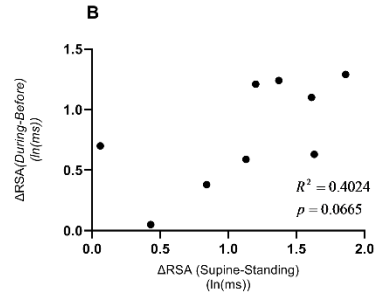
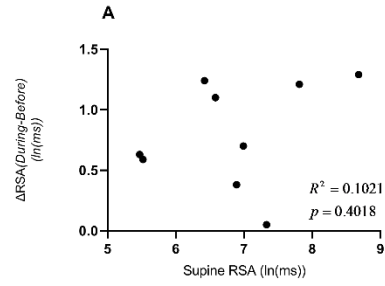


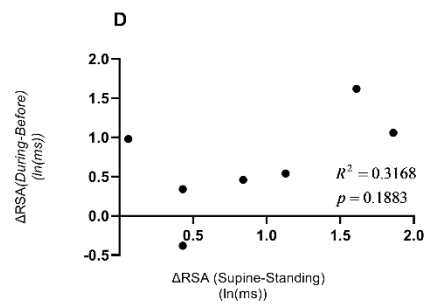
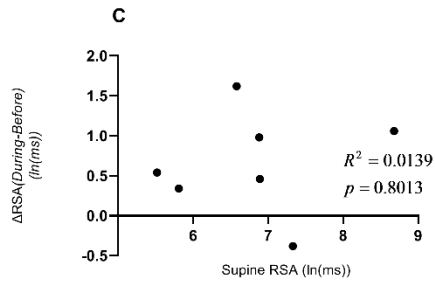
Figure S4: Changes in autonomic activity in response to all SPW's.

(N=30). Data are shown as % change. The Friedman test was applied for assessment of significance followed by Dunn's multiple comparisons test. RMSSD: before to during, not significant ; during to recovery, not significant. PEP: before to during: not significant. ; during to recovery, $p=0.0151$ (F-D)

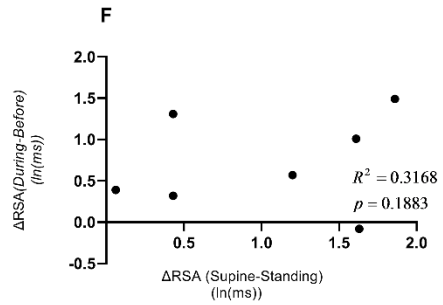
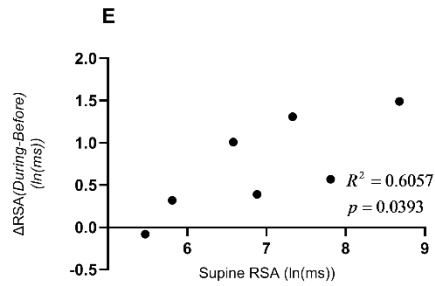
Motor Complex



HAPW-SPW



HAPW



SPW

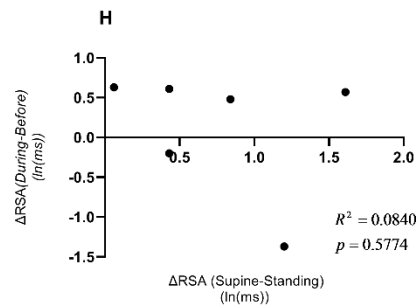
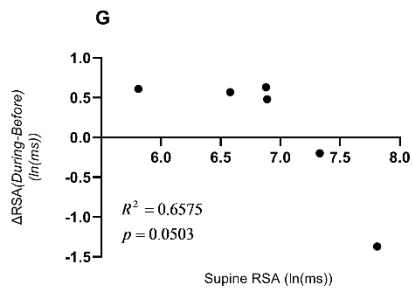
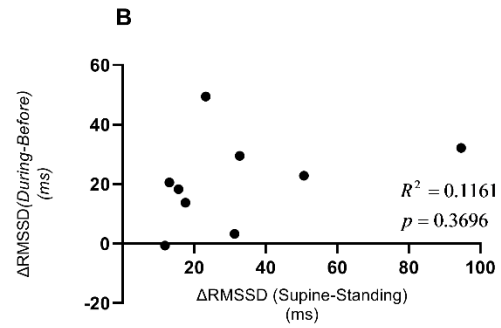
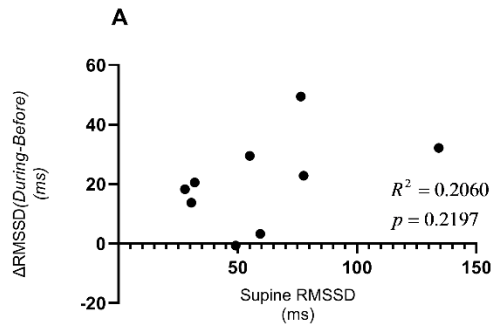


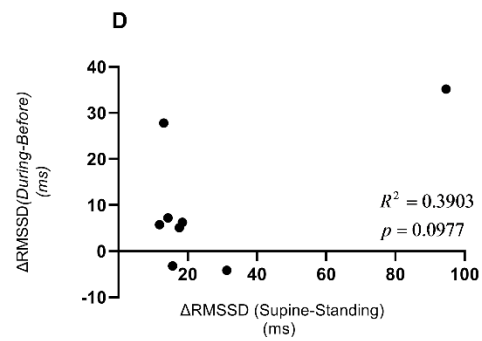
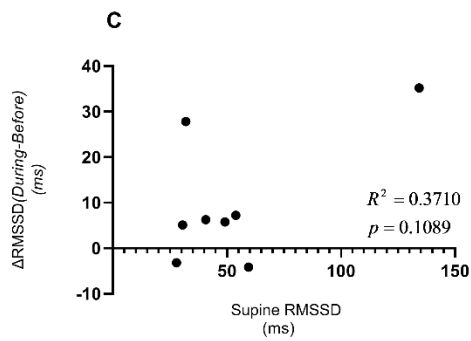
Figure S5: Correlations between supine RSA and changes in RSA due to posture changes compared to the changes in RSA due to motor activity.

- A. Correlation between supine RSA and change in RSA during Motor Complex
- B. Correlation between change in RSA from supine to standing and change in RSA during Motor Complex
- C. Correlation between supine RSA and change in RSA during HAPW-SPW's
- D. Correlation between change in RSA from supine to standing and change in RSA during HAPW-SPW's
- E. Correlation between supine RSA and change in RSA during HAPW's
- F. Correlation between change in RSA from supine to standing and change in RSA during HAPW's
- G. Correlation between supine RSA and change in RSA during SPW's
- H. Correlation between change in RSA from supine to standing and change in RSA during SPW's

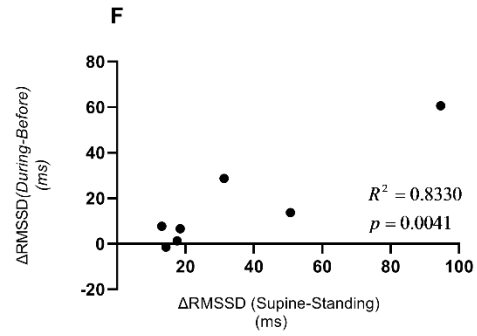
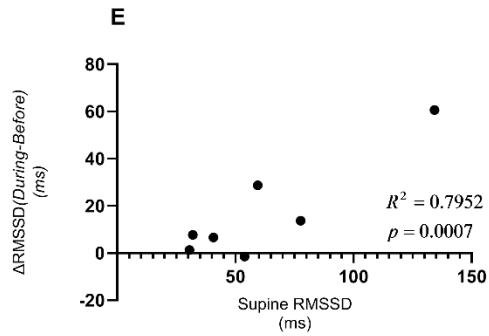
Motor Complex



HAPW-SPW



HAPW



SPW

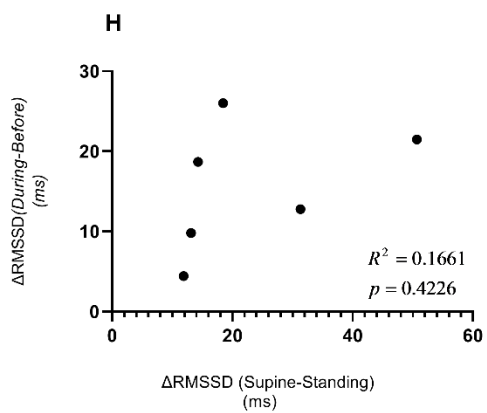
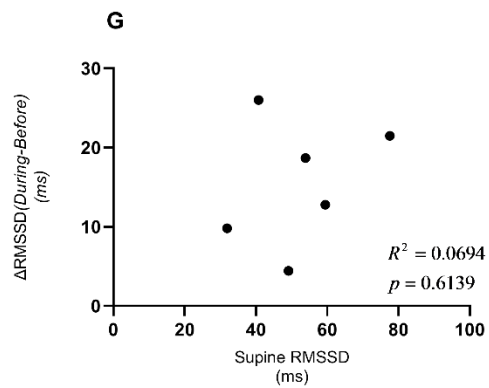
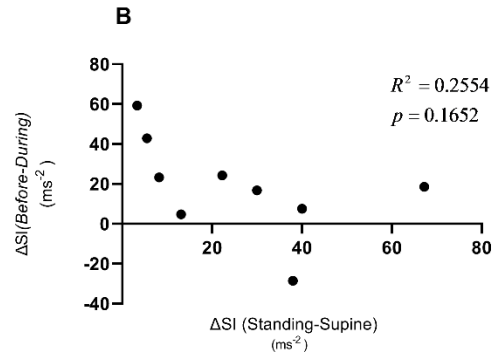
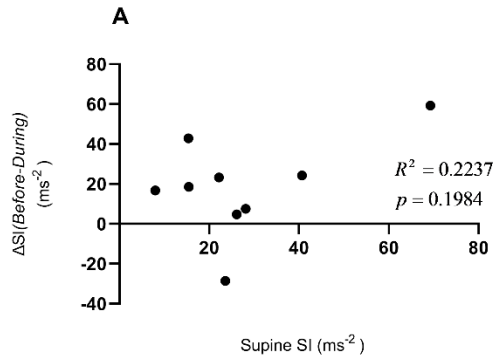


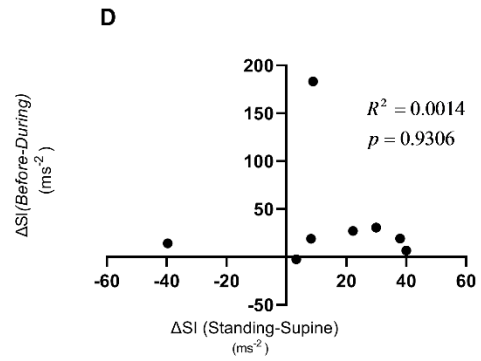
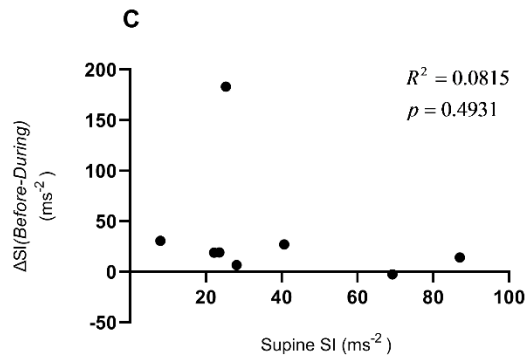
Figure S6: Correlations between supine RMSSD and changes in RMSSD due to posture changes compared to the changes in RMSSD due to motor activity.

- A. Correlation between supine RMSSD and change in RMSSD during Motor Complex
- B. Correlation between change in RMSSD from supine to standing and change in RMSSD during Motor Complex
- C. Correlation between supine RMSSD and change in RMSSD during HAPW-SPW's
- D. Correlation between change in RMSSD from supine to standing and change in RMSSD during HAPW-SPW's
- E. Correlation between supine RMSSD and change in RMSSD during HAPW's
- F. Correlation between change in RMSSD from supine to standing and change in RMSSD during HAPW's
- G. Correlation between supine RMSSD and change in RMSSD during SPW's
- H. Correlation between change in RMSSD from supine to standing and change in RMSSD during SPW's

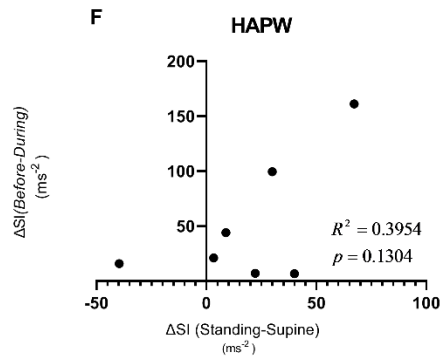
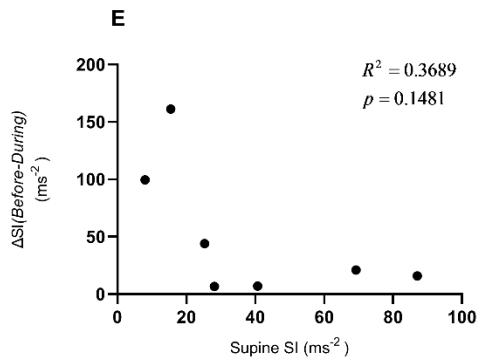
Motor Complex



HAPW-SPW



HAPW



SPW

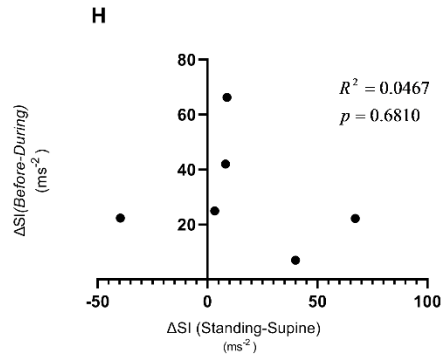
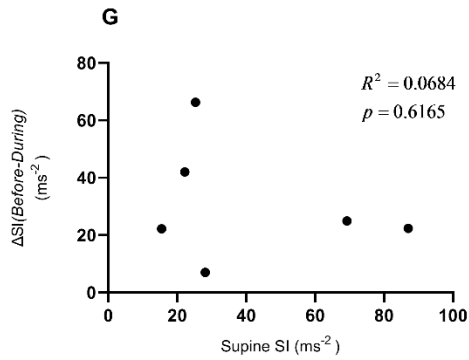
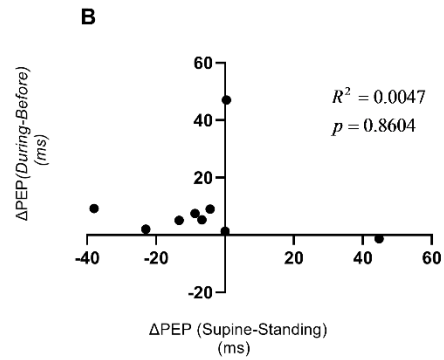
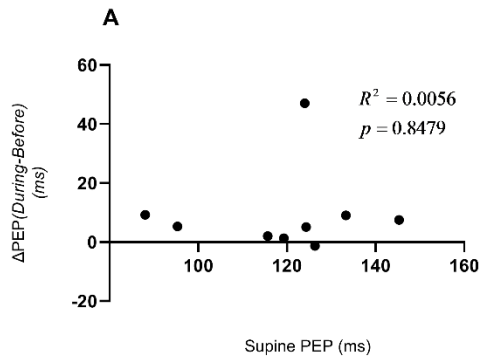


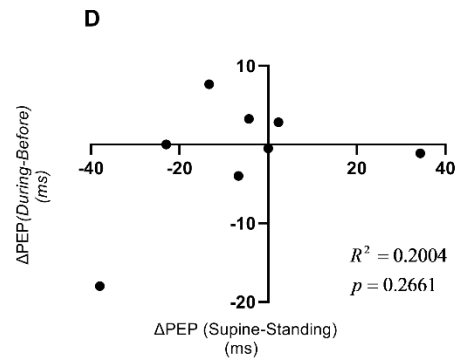
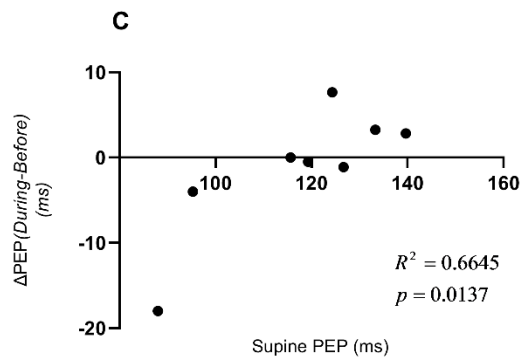
Figure S7: Correlations between supine SI and changes in SI due to posture changes compared to the changes in SI due to motor activity.

- A. Correlation between supine SI and change in SI during Motor Complex
- B. Correlation between change in SI from supine to standing and change in SI during Motor Complex
- C. Correlation between supine SI and change in SI during HAPW-SPW's
- D. Correlation between change in SI from supine to standing and change in SI during HAPW-SPW's
- E. Correlation between supine SI and change in SI during HAPW's
- F. Correlation between change in SI from supine to standing and change in SI during HAPW's
- G. Correlation between supine SI and change in SI during SPW's
- H. Correlation between change in SI from supine to standing and change in SI during SPW's

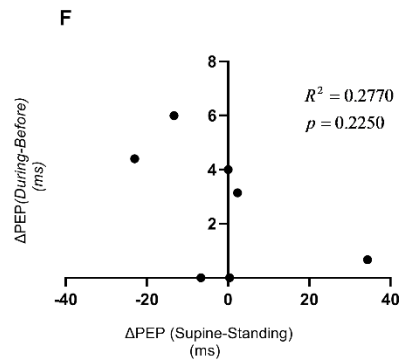
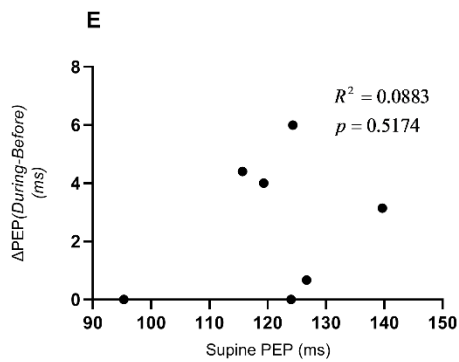
Motor Complex



HAPW-SPW



HAPW



SPW

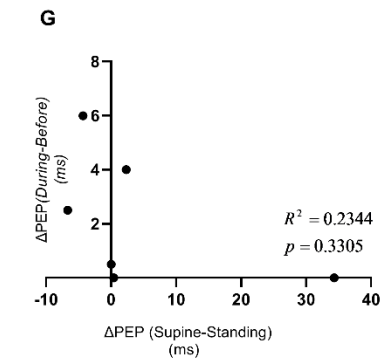
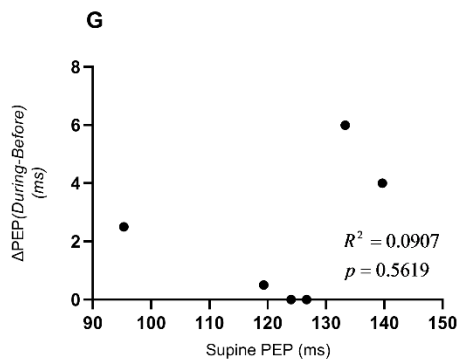


Figure S8: Correlations between supine PEP and changes in PEP due to posture changes compared to the changes in PEP due to motor activity.

- A. Correlation between supine PEP and change in PEP during Motor Complex
- B. Correlation between change in PEP from supine to standing and change in PEP during Motor Complex
- C. Correlation between supine PEP and change in PEP during HAPW-SPW's
- D. Correlation between change in PEP from supine to standing and change in PEP during HAPW-SPW's
- E. Correlation between supine PEP and change in PEP during HAPW's
- F. Correlation between change in PEP from supine to standing and change in PEP during HAPW's
- G. Correlation between supine PEP and change in PEP during SPW's
- H. Correlation between change in PEP from supine to standing and change in PEP during SPW's