

**Table S1.** CircaCompare analysis of sleep–wake rhythms in young, middle-aged and old *Drosophila*.

Sleep time / h					Rest time / h				Number of activities / h			
	JTK.PER	mesor <sup>a</sup>	amplitude	phase	JTK.PER	mesor <sup>a</sup>	amplitude	phase	JTK.PER	mesor <sup>a</sup>	amplitude	phase
10d	12 h	19.28	14.11	6.09	12 h	7.64	1.57	11.08	12 h	72.03	28.66	0.43
30d	24 h	20.22	5.37**	6.79	24 h	8.16	0.79	0.24	24 h	60.99***	11.73***	1.13
50d	24 h	36.25###&&&	2.08&&&	8.09	24 h	9.27	0.69	2.93	24 h	26.82###&&&	2.28#&&&	1.82

Note: <sup>a</sup> denotes circadian-adjusted mean. \* indicates the difference between 30d and 10d; # indicates the difference between 50d and 30d; & indicates the difference between 50d and 10d. \*, #, and & *p*<0.05; \*\*, ##, and && *p*<0.01; \*\*\*, ###, and &&& *p*<0.001.