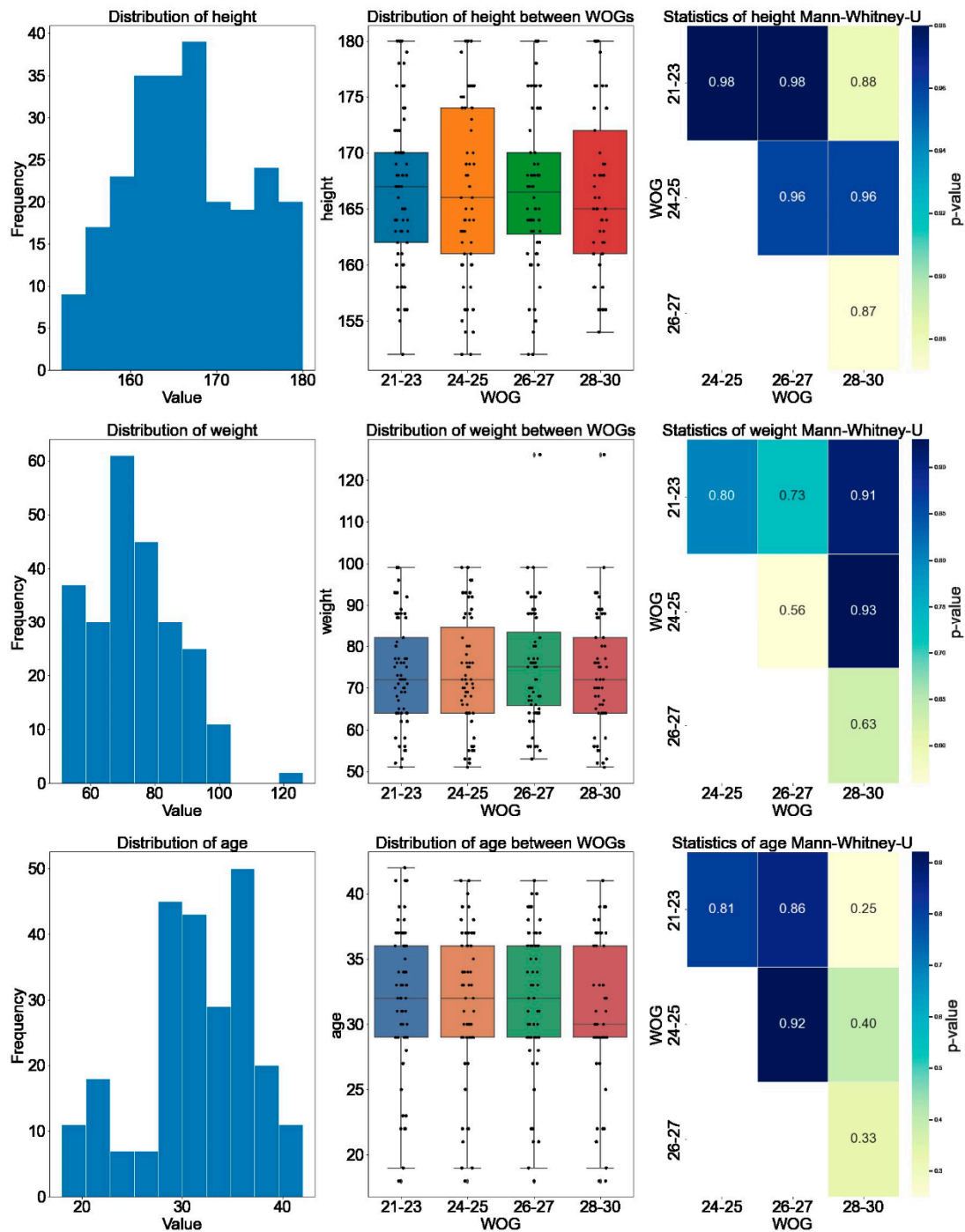


## Supplementary Materials



**Figure S1: Distribution of women's anthropometric attributes:** row 1) height, row 2) weight, and row 3) age. Attributes were analyzed according their frequency (A, D, and G), along their distribution between the aggregated groups WOG 21–23, WOG 24–25, WOG 26–27, and WOG 28–30 (B, E, and H). Mann–Whitney–U tests revealed equal data distribution between the aggregated groups since no p-value was smaller than 0.05.

**Table S1: Fast-breathing exercise comparison.** Calculated B2B-BPV and B2B-BPF from breathing intervention I4 were subtracted from resting intervention I3. The calculated differences were fitted by of a mixed-effects regression model to estimate the impact of WOG on the decline in intervention 4.

| Parameter |            | I3-I4     |              |              |              |
|-----------|------------|-----------|--------------|--------------|--------------|
|           |            | Intercept | WOG<br>24-25 | WOG<br>26-27 | WOG<br>28-30 |
| B2B-BPV   | SBP-SD     | Coeff     | 1.563        | -0.192       | -0.513       |
|           |            | p-val     | <0.001       | 0.587        | 0.142        |
|           | DBP-SD     | Coeff     | 1.343        | -0.106       | -0.22        |
|           |            | p-val     | <0.001       | 0.625        | 0.304        |
|           | SBP-ARV    | Coeff     | -0.286       | 0.007        | 0.024        |
|           |            | p-val     | <0.001       | 0.927        | 0.747        |
|           | DBP-ARV    | Coeff     | 0.027        | 0.046        | -0.011       |
|           |            | p-val     | 0.692        | 0.525        | 0.873        |
| B2B-BPF   | $\Gamma_x$ | Coeff     | 1.515        | 0.551        | 0.264        |
|           |            | p-val     | 0.002        | 0.406        | 0.684        |
|           | $\Gamma_y$ | Coeff     | 2.949        | -0.058       | -0.503       |
|           |            | p-val     | <0.001       | 0.913        | 0.337        |
|           | $\Gamma$   | Coeff     | 2.897        | 0.448        | -0.15        |
|           |            | p-val     | <0.001       | 0.548        | 0.838        |

WOG = week of gestation, B2B-BPV = beat-to-beat blood pressure variability, B2B-BPF = beat-to-beat blood pressure fluctuations, n.u. = normalized unit, ARV = average real variability, SD = standard deviation, SBP = systolic blood pressure, DBP = diastolic blood pressure,  $\Gamma_x$  = fluctuation in time,  $\Gamma_y$  = fluctuation in amplitude,  $\Gamma$  = combined fluctuation in time and amplitude.