

Supplementary Materials

Table S1. Individual LSEQ scores for each question. Questions are scored from 0-100.

LSEQ Questions										
Participant/Condition	The way you fell asleep last night			Quality of sleep		Awakening		When waking	Now	Balance/ Coordination
	Slower-Quicker	Less-More Sleepy	Difficult-Easier	More Restless-Calmer	More-Less Wakeful Periods	Harder-Easier	Longer-Quicker	Tired-Alert	Tired-Alert	More-Less Disrupted
Subject 1	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	60	60	50	50	50	60	60	60	70	50
CP	50	49	50	51	50	40	41	35	36	31
MD	79	45	45	44	14	73	74	89	95	51
WP	49	48	47	65	77	97	91	80	72	73
Subject 2	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	62	50	60	62	75	37	37	52	79	54
CP	50	51	50	41	40	50	51	62	80	50
MD	70	51	66	46	51	59	54	65	74	51
WP	73	62	68	70	65	69	52	64	74	63
Subject 3	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	25	70	25	30	30	50	50	15	20	50
CP	26	71	21	17	10	45	43	10	43	16
MD	17	49	12	47	7	47	47	3	3	45
WP	20	73	8	2	2	51	48	7	6	45
Subject 4	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	90	93	68	18	11	15	25	38	41	28

CP	72	53	61	6	4	57	56	90	93	45
MD	81	84	88	13	13	49	49	32	27	49
WP	67	71	74	22	19	74	81	67	73	72
Subject 5	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	44	52	49	36	60	50	50	74	63	49
CP	47	49	47	50	49	51	58	34	49	47
MD	52	52	52	50	15	50	49	27	31	50
WP	51	50	50	60	65	57	58	49	44	47
Subject 6	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	48	47	48	67	71	50	50	69	72	42
CP	55	55	54	70	66	52	52	34	50	50
MD	49	32	50	51	51	52	52	67	68	53
WP	54	53	53	24	22	52	51	53	19	55
Subject 7	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	19	19	19	34	26	49	49	40	77	52
CP	26	27	27	29	28	50	50	66	68	47
MD	27	49	34	36	50	53	54	53	62	50
WP	52	73	62	27	23	53	51	78	79	48
Subject 8	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	52	54	50	50	52	52	54	55	57	54
CP	54	55	52	50	52	51	53	67	67	53
MD	42	55	45	48	52	55	54	51	59	51
WP	50	47	50	51	49	55	48	52	55	54
Subject 9	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	48	49	48	39	39	51	51	62	83	51
CP	44	34	33	34	26	49	49	42	55	40
MD	37	50	39	36	56	57	55	69	81	54
WP	25	26	24	32	54	50	50	42	43	52

Subject 10	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	48	81	35	29	52	14	13	14	14	36
CP	87	85	84	53	78	70	87	70	71	50
MD	38	70	66	45	65	68	73	75	75	81
WP	40	37	49	58	59	24	54	67	90	86
Subject 11	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	46	45	45	45	45	45	44	47	49	49
CP	38	42	36	55	48	41	37	35	36	33
MD	36	62	36	44	44	36	34	43	44	44
WP	26	47	28	49	48	20	19	18	16	17
Subject 12	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Baseline	41	50	40	34	39	42	39	39	57	47
CP	52	45	59	40	38	40	42	39	58	50
MD	52	48	53	58	58	51	50	48	49	50
WP	63	55	57	51	49	51	51	59	60	53

Table S2. Habitual dietary protein intakes measured using a 3-day weighed food diary.

Habitual dietary protein intake							
Participant	Weight (kg)	Average Breakfast Protein Intake	Average Lunch Protein Intake (g)	Average Dinner Protein Intake (g)	Average Snack Protein Intake (g)	Total Average Protein Intake Gross (g)	Total Average Protein Intake Relative (g/kg)
S01	91.2	25.2	22.3	34.3	8.3	90.1	1.0
S02	70.8	31.7	28.6	29.1	12.3	101.7	1.4
S03	85.5	58.9	37.4	49.5	32.3	178.1	2.1
S04	66.8	10.1	15.0	18.0	12.6	55.7	0.8
S05	57.2	4.9	21.2	19.2	18.5	63.8	1.1

S06	58.3	8.2	15.6	18.2	4.3	46.3	0.8
S07	67.5	23.5	24.3	29.5	20.3	97.6	1.4
S08	83.8	13.0	19.4	25.6	16.8	74.8	0.9
S09	87.5	21.7	29.9	32.2	20.1	103.9	1.2
S10	67.7	20.6	18.3	21.4	16.4	76.7	1.1
S11	71.6	12.3	17.4	19.2	14.4	63.3	0.9
12	44.7	23.5	22.2	30.1	19.4	95.2	2.1
AVG	71.05	21.12	22.64	27.206	16.31	87.26	1.24
SD	13.94	14.34	6.58	9.14	7.02	34.35	0.46