



Supplemental Figure 1: Oxygen saturation under two conditions non-alcohol and alcohol and two groups Control Group and InFlight Group. Paired and unpaired Wilcoxon tests were calculated and Bonferroni adjusted ($\alpha=0.05/6=0.0083$). Data are from two independent groups recorded during 4-h sleep episodes (00:00 am – 04:00 am) in an altitude chamber at simulated flight level (i.e., atmospheric pressure corresponding to 2438 m above sea level; $n=14$) and in the sleep lab (53 m; $n=22$). Box plots include mean values expressed as “x”. Whiskers represent 1.5-times the interquartile range