



Supplemental Figure 2: Heart rate under two conditions non-alcohol and alcohol and two groups Control Group and InFlight Group. Mixed ANOVAs were performed with the main factors alcohol, group and the interaction between alcohol and group and post-hoc Tukey-Cramer adjustment ( $\alpha=0.05$ ). 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 (ie, 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