

Supplementary material

Table S1: Results from the analysis of experimental pain stimuli and inflammation markers after habitual sleep (HS) and sleep restriction (SR) for the 19 women

Experimental pain stimuli	HS		SR		<i>p</i> -value
	Mean	95% CI	Mean	95% CI	
Pressure pain threshold (kPa)	29.8	(20.6, 38.9)	26.9	(20.9, 33)	0.513
Heat pain threshold (°C)	42.2	(41, 43.4)	41.8	(40.3, 43.3)	0.119
Pain 6 (°C)	46.0	(45.3, 46.8)	45.8	(44.7, 46.9)	0.004
Heat pain tolerance threshold (°C)	48.4	(47.6, 49.3)	47.8	(46.5, 49.1)	0.033
Electrical pain threshold (mA)	6.1	(4.8, 7.4)	5.1	(3.8, 6.4)	0.161
Electrical temp.summ. threshold (mA)	3.5	(2.5, 4.6)	2.8	(1.9, 3.7)	0.072
Cold pressor pain (NRS)	8.4	(7.8, 9)	8.5	(7.8, 9.1)	0.361
Pinprick pain (VAS)	0.27	(−0.1, 0.6)	0.45	(−0.2, 1.1)	0.594
Inflammatory markers					
CRP (mg/L)	0.72	(0.34, 1.09)	0.76	(0.33, 1.19)	0.819
Fractalkine (pg/mL)	119	(100, 138)	111	(96, 126)	0.737
TNF (pg/mL)	6.40	(5.05, 7.75)	5.89	(5.04, 6.73)	0.359
MCP-1 (pg/mL)	17.4	(13.9, 20.9)	18.5	(12.8, 24.2)	0.665
IL-8 (pg/mL)	4.39	(3.57, 5.21)	3.98	(3.38, 4.58)	0.564

Inflammation markers analyzed in blood plasma sampled in conjunction with experimental pain stimulation: CRP (C-reactive protein); Fractalkine (CX3CL1 (C-X3-C motif chemokine ligand 1)); TNF (Tumor necrosis factor); MCP-1 (Monocyte Chemoattractant Protein-1); IL-8 (Interleukin-8).

Bold values indicate a significance level of *p* < 0.05.

Table S2: Results from the analysis of experimental pain stimuli and inflammation markers after habitual sleep (HS) and sleep restriction (SR) for the 14 men

Experimental pain stimuli	HS		SR		<i>p</i> -value
	Mean	95% CI	Mean	95% CI	
Pressure pain threshold (kPa)	23.1	(16.4, 29.9)	20.7	(14.4, 27.1)	0.757
Heat pain threshold (°C)	43.0	(41.4, 44.5)	41.9	(40.7, 43.1)	0.267
Pain 6 (°C)	46.4	(45.7, 47.2)	45.7	(44.6, 46.8)	0.437
Heat pain tolerance threshold (°C)	49.8	(48.9, 50.6)	49.2	(48.1, 50.3)	0.887
Electrical pain threshold (mA)	6.4	(3.8, 9)	5.1	(3.5, 6.7)	0.993
Electrical temp.summ. threshold (mA)	2.8	(1.7, 3.8)	2.9	(1.8, 4.1)	0.48
Cold pressor pain (NRS)	7.8	(6.6, 9)	9.0	(8.6, 9.5)	0.004
Pinprick pain (VAS)	0.40	(0.2, 0.6)	0.95	(−0.4, 2.3)	0.816
Inflammatory markers					
CRP (mg/L)	0.53	(0.14, 0.91)	0.35	(0.16, 0.54)	0.36
Fractalkine (pg/mL)	117	(88, 145)	106	(83, 129)	0.418
TNF (pg/mL)	5.45	(4.25, 6.64)	5.17	(4.2, 6.15)	0.231
MCP-1 (pg/mL)	23.3	(18.22, 28.4)	21.5	(16.84, 26.17)	0.376
IL-8 (pg/mL)	4.28	(3.57, 4.98)	3.81	(3.37, 4.26)	0.123

Inflammation markers analyzed in blood plasma sampled in conjunction with experimental pain stimulation: CRP (C-reactive protein); Fractalkine (CX3CL1 (C-X3-C motif chemokine ligand 1)); TNF (Tumor necrosis factor); MCP-1 (Monocyte Chemoattractant Protein-1); IL-8 (Interleukin-8).

Bold values indicate a significance level of $p < 0.05$.