A

Total energy expenditure (MJ/d)

Quality sleep (%)

- Non-disturbed
- Disturbed

Linear(Non-disturbed)
Linear(Disturbed)

B

Total energy expenditure (MJ/d)

Slow wave sleep (min)

- Non-disturbed
- Disturbed

y = 0.10x + 5.43
y = 0.08x + 5.88
y = 0.01x + 8.09