**Supplementary Information**

**Supplementary Table. Comparisons of quantitative electroencephalogram analyses during naps between bean bag and urethane chairs**

|  |  |
| --- | --- |
|  | Total |
|  | Delta | Theta | Alpha | Sigma |
| BC | 16.6 (2.5) | 12.6 (1.2) | 9.8 (1.1) | 6.3 (2.2) |
| UR | 17.1 (3.0) | 12.8 (1.6) | 9.6 (1.4) | 7.8 (1.3) |
| p | 0.205 | 0.575 | 0.611 | 0.082 |
| d | 0.165 | 0.130 | 0.143 | 1.102 |
|  | N2 |
|  | Delta | Theta | Alpha | Sigma |
| BC | 19.0 (2.9) | 13.8 (1.3) | 10.4 (1.2) | 8.6 (1.6) |
| UR | 19.5 (3.9) | 13.9 (2.1) | 10.1 (1.6) | 8.3 (1.4) |
| p | 0.330 | 0.846 | 0.500 | 0.459 |
| d | 0.130 | 0.040 | 0.187 | 0.218 |
|  | N3  |
|  | Delta | Theta | Alpha | Sigma |
| BC | 25.9 (6.3) | 15.5 (1.9) | 10.6 (1.6) | 10.5 (1.6) |
| UR | 25.9 (8.0) | 15.8 (3.2) | 11.0 (2.4) | 8.4 (1.6) |
| p | 0.129 | 0.220 | 0.373 | 0.052 |
| d | 0.002 | 0.103 | 0.163 | 1.354 |

Abbreviations: REM, rapid eye movement; N2, non-REM sleep stage 2; N3, non-REM sleep stage 3; BC, bean bag chair; UC, urethane chair; d, effect size.

Six participants exhibited N3 at each napping condition. REM sleep was excluded from the statistical comparison because only three participants manifested REM sleep during nap. Statistical significance was evaluated by the paired t-test.