

		Rest	W-up	EX1	EX2	EX3	EX4	EX5	<i>F</i> value <i>P</i> value (sleep)	<i>F</i> value <i>P</i> value (exercise)	<i>F</i> value <i>P</i> value (interaction)
Right PFC	RW	0.00±0.00	-0.01±0.00	-0.01±0.00	0.01±0.01	0.05±0.00**	0.06±0.01**	0.06±0.01**	<i>F</i> = 0.152	<i>F</i> = 63.00	<i>F</i> = 0.276
O ₂ Hb (mM · cm)	SD	0.00±0.00	-0.02±0.00	-0.02±0.00	0.00±0.01	0.04±0.01**	0.06±0.01**	0.06±0.01**	<i>P</i> = 0.699	<i>P</i> < 0.001	<i>P</i> = 0.947
Left PFC	RW	0.00±0.00	-0.01±0.00	-0.01±0.00	0.01±0.00	0.06±0.01**	0.08±0.01**	0.08±0.01**	<i>F</i> = 0.252	<i>F</i> = 60.57	<i>F</i> = 0.236
O ₂ Hb (mM · cm)	SD	0.00±0.00	-0.01±0.00	-0.02±0.00	0.01±0.00	0.05±0.01**	0.06±0.01**	0.07±0.01**	<i>P</i> = 0.621	<i>P</i> < 0.001	<i>P</i> = 0.963
SBF(a.u.)	RW	0.01±0.00	-0.17±0.16	0.36±0.41	2.62±0.84*	5.55±0.78**	7.00±0.95**	7.59±1.05**	<i>F</i> = 0.219	<i>F</i> = 64.15	<i>F</i> = 0.466
	SD	0.01±0.01	-0.44±0.08	0.28±0.34	4.05±1.05*	5.96±1.11**	7.57±1.14**	8.55±1.24**	<i>P</i> = 0.644	<i>P</i> < 0.001	<i>P</i> = 0.832
MAP (mmHg)	RW	-0.07±0.03	6.02±0.93	24.06±2.48**	30.09±2.17**	25.32±1.93**	19.72±1.77**	17.86±1.51**	<i>F</i> = 0.562	<i>F</i> = 104.92	<i>F</i> = 0.200
	SD	-0.08±0.04	4.76±1.18	23.30±2.03**	28.00±1.32**	22.54±1.97**	18.42±2.04**	15.86±2.10**	<i>P</i> = 0.461	<i>P</i> < 0.001	<i>P</i> = 0.976