

**Table S1.** Descriptive data of nocturnal resting heart rate and heart rate variability ( $n = 490$ ).

	Mean	SD
Heart rate (bpm)	56.8	7.5
SDNN (ms)	55.9	22.5
RMSSD (ln)	3.8	0.6
HF (ln)	6.3	1.2
LF (ln)	6.5	0.9

Abbreviations: RMSSD, root mean squared successive differences between R-R intervals; SDNN, standard deviation of R-R intervals; LF, low frequency power; HF, high frequency power.

**Table S2.** Association between standing time (h/day) and nocturnal resting heart rate and heart rate variability, stratified by age. Adjusted model<sup>a</sup> ( $n = 490$ ).

	<45 years ( $n = 196$ )			≥45 years ( $n = 294$ )		
	B	95% CI	p	B	95% CI	p
<b>Standing at work</b>						
Heart rate (bpm)	-0.86	-1.75 to 0.03	0.06	-0.55	-1.32 to 0.21	0.15
SDNN (ms)	1.76	-1.27 to 4.80	0.25	0.86	-1.20 to 2.93	0.41
RMSSD (ln)	0.05	-0.02 to 0.11	0.17	0.04	-0.02 to 0.09	0.20
HF (ln)	0.09	-0.05 to 0.22	0.21	0.08	-0.03 to 0.19	0.17
LF (ln)	0.08	-0.03 to 0.19	0.14	0.01	-0.08 to 0.10	0.84
<b>Standing during leisure</b>						
Heart rate (bpm)	0.61	-0.97 to 2.19	0.45	0.43	-0.93 to 1.78	0.54
SDNN (ms)	-0.22	-5.60 to 5.17	0.94	3.82	0.15 to 7.49	0.04
RMSSD (ln)	-0.07	-0.18 to 0.05	0.27	0.03	-0.07 to 0.12	0.59
HF (ln)	-0.14	-0.38 to 0.11	0.27	0.06	-0.14 to 0.26	0.54
LF (ln)	0.08	-0.11 to 0.26	0.42	0.13	-0.02 to 0.28	0.10

<sup>a</sup> Adjusted for age, gender, body mass index, smoking and moderate-to-vigorous physical activity during leisure. Abbreviations: RMSSD, root mean squared successive differences between R-R intervals; SDNN, standard deviation of R-R intervals; LF, low frequency power; HF, high frequency power.

**Table S3.** Association between standing time (h/day) and nocturnal resting heart rate and heart rate variability stratified by occurrence of cardiovascular disease (CVD). Adjusted model<sup>a</sup> ( $n = 489$ ).

	No CVD ( $n = 259$ )			CVD ( $n = 230$ )		
	B	95% CI	p	B	95% CI	p
<b>Standing at work</b>						
Heart rate (bpm)	-0.54	-1.26 to 0.18	0.14	-0.79	-1.72 to 0.14	0.09
SDNN (ms)	0.27	-2.15 to 2.69	0.83	1.98	-0.48 to 4.44	0.11
RMSSD (ln)	0.03	-0.03 to 0.09	0.29	0.04	-0.02 to 0.10	0.21
HF (ln)	0.07	-0.04 to 0.19	0.22	0.07	-0.07 to 0.20	0.33
LF (ln)	0.02	-0.08 to 0.11	0.74	0.07	-0.04 to 0.17	0.22
<b>Standing during leisure</b>						
Heart rate (bpm)	0.74	-0.54 to 2.02	0.26	0.02	-1.68 to 1.71	0.98
SDNN (ms)	0.60	-3.69 to 4.90	0.78	4.11	-0.38 to 8.60	0.07
RMSSD (ln)	-0.08	-0.18 to 0.02	0.11	0.08	-0.03 to 0.20	0.17
HF (ln)	-0.14	-0.35 to 0.06	0.17	0.15	-0.09 to 0.39	0.21
LF (ln)	0.09	-0.06 to 0.25	0.24	0.13	-0.05 to 0.31	0.17

<sup>a</sup> Adjusted for age, gender, body mass index, smoking and moderate-to-vigorous physical activity during leisure. Abbreviations: RMSSD, root mean squared successive differences between R-R intervals; SDNN, standard deviation of R-R intervals; LF, low frequency power; HF, high frequency power.