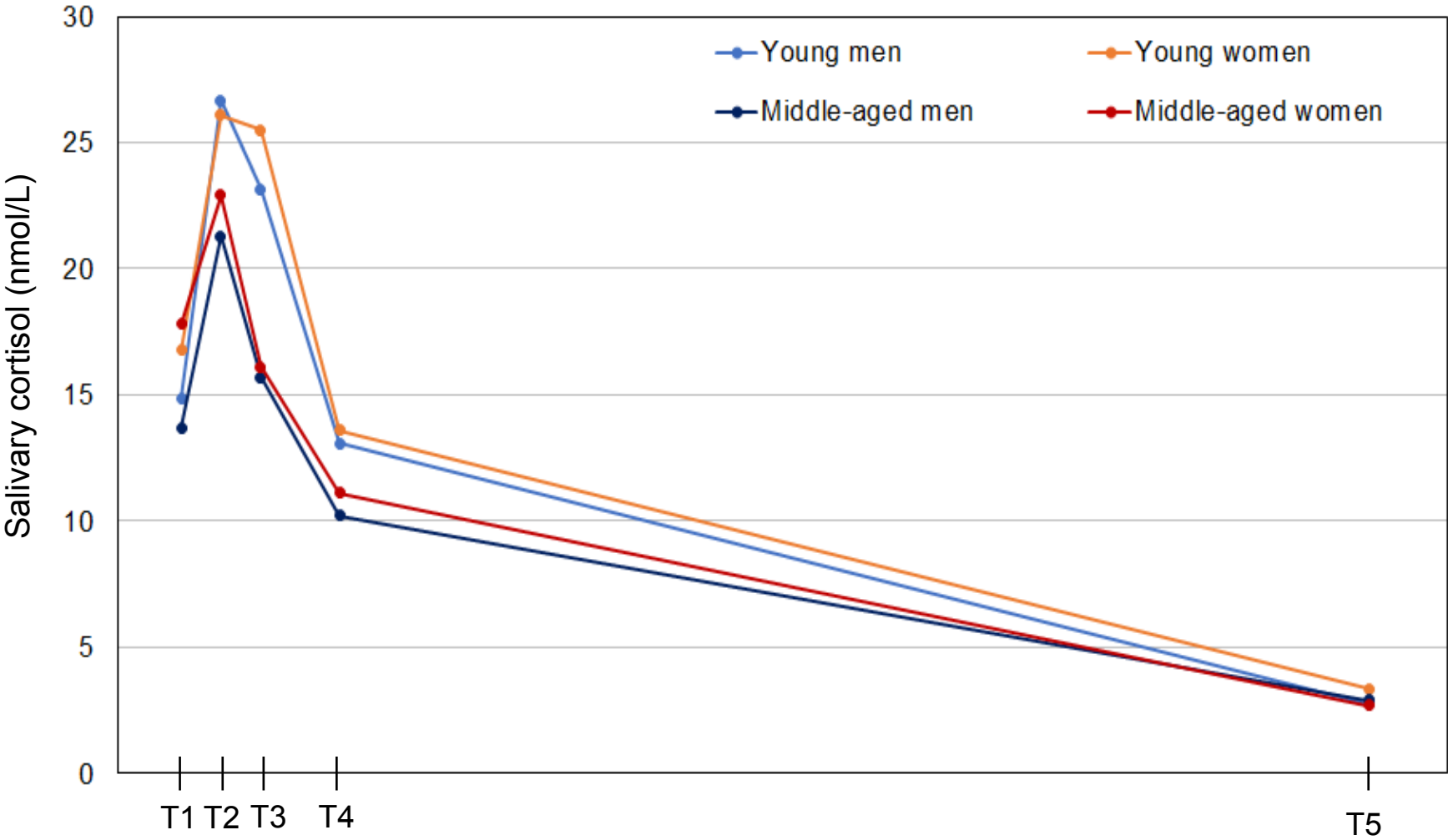


Figure S1. Mean cortisol levels in healthy individuals by age and gender subgroups



**Sample points:** T1: Awakening; T2: 30' Post-awakening; T3: 60'-Post Awakening; T4: 10 a.m.; T5: 11 p.m.

**Age ranges:** 18-40 years (young adulthood); 41-65 years (middle adulthood).