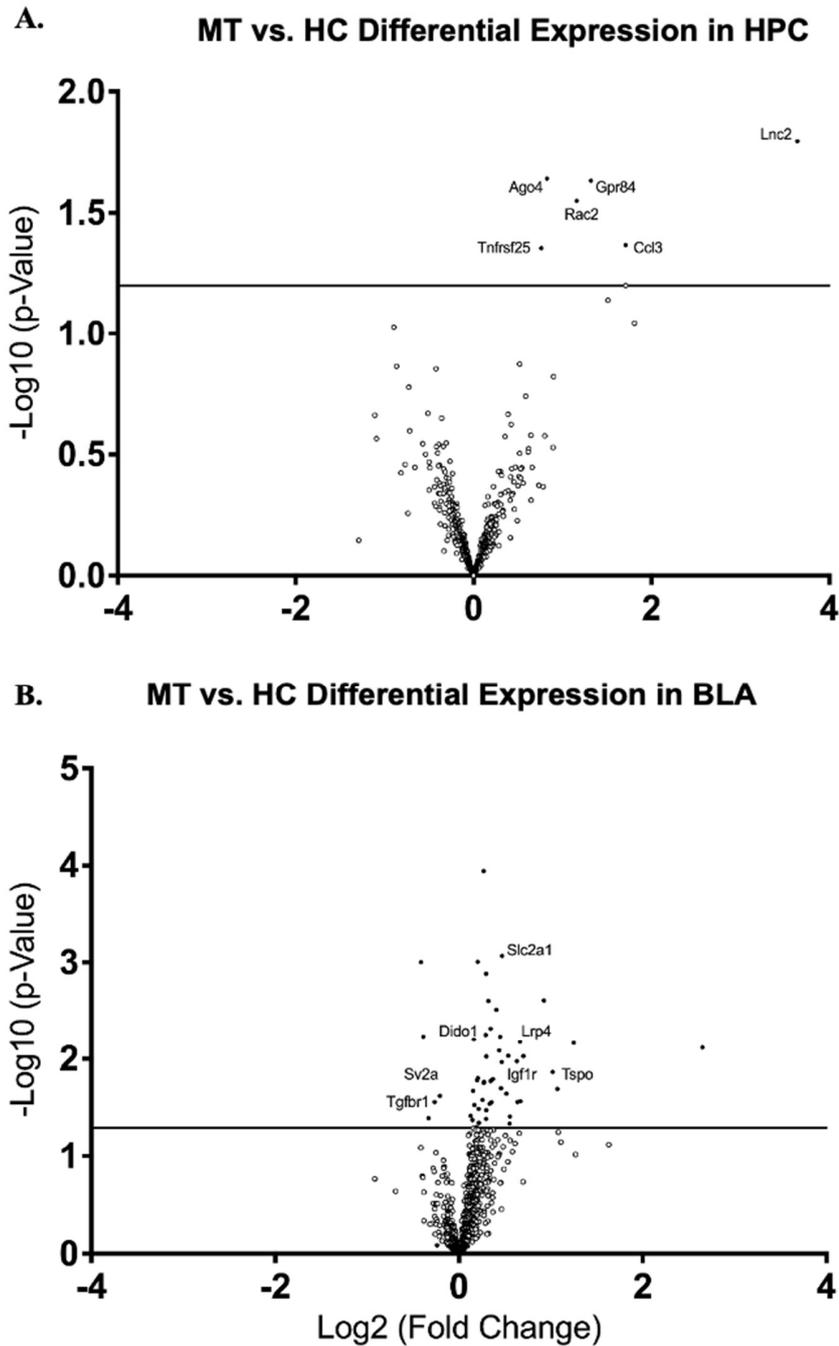


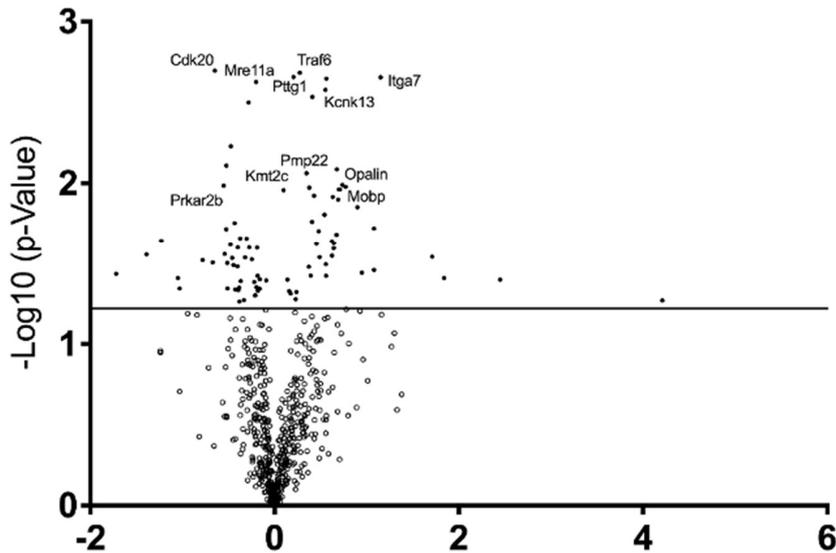
Supplementary Figure S1. Sleep Does Not Differ Between Home Cage and Mock Trained Control Groups. Total REM duration following Baseline (Base), shock training days (ST 1 and ST 2), and context re-exposure (CTX) during the (A) first 2 h, (B) total 20h. Total NREM duration following Base, ST 1 and ST 2, and CTX during the (C) first 2h, (D) total 20h.



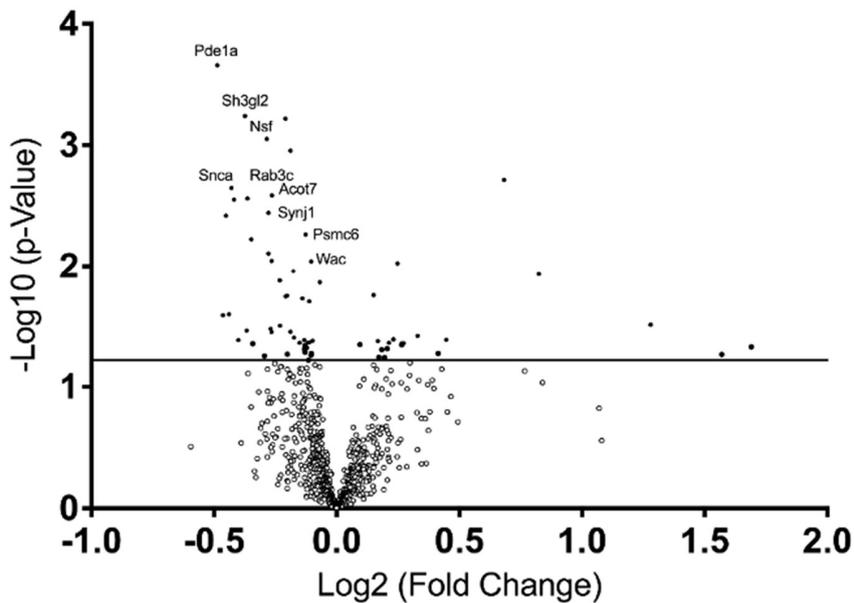
Supplementary Figure S2. Gene Expression Does Not Differ Greatly Between HC and MT.

Volcano plot displaying gene expression levels in (A) HPC for MT compared to HC and (B) BLA for MT compared to HC. Statistically significant genes fall above the horizontal line, and highly differentially expressed genes fall to either side of the zero on the x-axis. The most relevant genes are labeled in the plot.

A. IS vs. ES Differential Expression in HPC



B. IS vs. ES Differential Expression in BLA



Supplementary Figure S3. Inescapable Stress Increases the Expression of Pro-inflammatory Immune Genes and Decreases the Expression of Neuroprotective Genes Compared to Escapable Stress. Volcano plot displaying each gene expression levels in (A) HPC for IS compared to ES following CTX and (B) BLA for IS compared to ES following CTX. Statistically significant genes fall above the horizontal line, and highly differentially expressed genes fall to either side of the zero on the x-axis. The most relevant genes are labeled in the plot.

Supplementary Table S1. REM sleep as a percentage of baseline for each experimental day across treatment groups. Recording time for each day is indicated in parentheses.

	HC	MT	ES	IS
ST1 (20h)	7.75	7.99	9.30	5.38
ST2 (20h)	8.06	8.10	10.13	5.49
CTX (2h)	12.57	7.45	8.30	6.38