|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Posture** | | ***Male*** | | | ***Female*** | | | ***Interaction*** |
| ***β* (SE)** | ***p*** | ***d*** | ***β* (SE)** | ***p*** | ***d*** | ***p*** |
| **SBP**  **(mmHg)** | **Supine** | 3.38 (2.05) | 0.100 | 0.27 | 3.33 (2.68) | 0.213 | 0.24 | 0.990 |
| **Seated§** | **5.00 (2.43)** | **0.039** | **0.42** | **7.33 (2.43)** | **0.003** | **0.43** | 0.530 |
| **DBP**  **(mmHg)** | **Supine** | 1.19 (1.43) | 0.407 | 0.12 | 1.67 (2.97) | 0.574 | 0.14 | 0.870 |
| **Seated§** | 1.13 (1.22) | 0.358 | 0.14 | **7.89 (2.79)** | **0.005** | **0.56** | **0.011** |
| **MAP**  **(mmHg)** | **Supine** | 1.84 (1.37) | 0.179 | 0.18 | 2.17 (2.66) | 0.415 | 0.18 | 0.905 |
| **Seated§** | 2.29 (1.29) | 0.076 | 0.27 | **7.72 (2.43)** | **0.001** | **0.56** | **0.030** |
| **HR (beats/minute)** | **Supine** | -1.69 (1.25) | 0.176 | 0.17 | 1.00 (1.97) | 0.612 | 0.10 | 0.232 |
| **Seated** | -3.69 (1.99) | 0.064 | 0.38 | 0.38 (2.40) | 0.876 | 0.03 | 0.313 |
| **crPWV (m/s)** | **Supine§** | **0.52 (0.22)** | **0.020** | **0.29** | -0.21 (0.49) | 0.663 | 0.23 | 0.122 |
| **Seated** | 0.05 (0.20) | 0.792 | 0.05 | 0.45 (0.39) | 0.243 | 0.64 | 0.321 |
| **caPWV (m/s)** | **Supine§** | **0.56 (0.23)** | **0.016** | **0.29** | 0.26 (0.28) | 0.361 | 0.14 | 0.412 |
| **Seated** | 0.32 (0.60) | 0.596 | 0.21 | 0.50 (0.37) | 0.177 | 0.31 | 0.827 |
| **cfPWV**  **(m/s)** | **Supine§** | **0.43 (0.22)** | **0.046** | **0.43** | 0.67 (0.40) | 0.094 | .045 | 0.561 |
| **Seated** | N/M | | | | | | |

**Supplemental Table 1**. BP, HR, and PWV responses across a simulated workday by posture across sex groups (effect of time).

Abbreviations: d: Cohen’s d; N/M: not measured; SE: standard error

§ indicates currently recommend posture [seated for BP; supine for PWV]

Bold indicates significant change (p < 0.05)