

S2 Table. Characteristics of episodes of rest and sleep in fur seals in a prone position.

Rest episode (number and type)	Seal	Date	Time of day	Rest	QW	L-USWS (min)	R-USWS	REM
1, R-USWS	A	29-May	09:58-13:01	182.7	70.3	0.0	111.3	1.1
2, R-USWS	A	31-May	09:50-13:45	235.0	111.0	0.0	124.0	0.0
3, R-USWS & L-USWS	A	2-Jun	00:21-03:03	162.0	82.3	32.3	43.7	3.7
4, L-USWS	A	4-Jun	01:10-01:51	41.0	20.0	18.3	0.0	2.7
5, L-USWS	B	1-Jul	20:48-21:20	30.7	16.7	14.0	0.0	0.0
6, R-USWS	B	2-Jul	03:12-04:10	57.7	20.3	0.0	34.7	2.7
Total (min)				709.1	320.6	64.6	313.7	10.2
% of TRT				100.0%	45.2%	9.1%	44.2%	1.4%

The amounts of QW, USWS and REM sleep recorded in two fur seals during all rest episodes. A period of rest was defined as an episode which started when the seal took the prone posture and ended when the seal resumed active behavior (swimming or

grooming). R-USWS and L-USWS, USWS in the right and left hemisphere, respectively. QW, quiet wakefulness. REM, rapid eye movement sleep. TRT, total recording time. Min, minutes. This table includes information on all 6 episodes of rest in the prone position recorded in seal A and B. The rest episodes are numbered in column 1. The type of USWS (R-USWS, L-USWS or both) is listed after the comma.