

Table S1. General characteristics of the studied sample.

Variables	18–39 years		40–59 years		>60 years	
	Females (n=107)	Males (n=90)	Females (n=139)	Males (n=69)	Females (n=58)	Males (n=22)
Age (years)	30 ± 6	28 ± 5	51 ± 6	48 ± 5	64 ± 4	66 ± 4
Weight (kg)	66 ± 16	82 ± 16	76 ± 17	83 ± 17	79 ± 18	83 ± 12
Height (m)	1.60 ± 0.06	1.75 ± 0.07	1.57 ± 0.07	1.70 ± 0.06	1.56 ± 0.06	1.69 ± 0.05
BMI (%)						
Normal weight (18.5–24.9)	57.0	40.0	26.1	23.2	12.1	18.2
Overweight (25–29.9)	22.4	43.3	22.5	46.4	27.6	40.9
Obesity 1 (30–34.9)	10.3	12.2	25.4	23.2	31.0	31.8
Obesity 2 (35–39.9)	7.5	4.4	20.3	2.9	15.5	9.1
Obesity 3 (≥ 40)	2.8		5.8	4.3	13.8	
Waist (cm)	77 ± 13	87 ± 11	92 ± 15	95 ± 15	95 ± 16	101 ± 13
Hip (cm)	100 ± 12	101 ± 9	108 ± 14	102 ± 10	112 ± 16	104 ± 8
Waist/Hip	0.77 ± 0.06	0.85 ± 0.05	0.85 ± 0.09	0.93 ± 0.08	0.84 ± 0.08	0.9 ± 0.06
Familiar history of CVD (%)	18.7	16.7	36.0	27.5	29.3	31.8
Hypertension (%)	4.7	3.3	27.3	13.0	29.3	36.4
Diabetes (%)	1.9	1.1	18.0	5.8	15.5	27.3
Physical inactivity* (%)	22.0	15.5	17.2	21.1	39.5	27.8

*Assessed by triaxial accelerometer. CVD: cardiovascular disease; BMI: body mass index.

Table S2. Results of the multivariate analysis of covariance (ANCOVA) for age and sex concerning the indexes of heart rate variability (HRV).

HRV Indices	18–39 years		40–59 years		>60 years	
	F (n=107)	M (n=90)	F (n=139)	M (n=69)	F (n=58)	M (n=22)
RRmed (ms)	881 ± 168	941 ± 181	882 ± 142	915 ± 147	873 ± 179	979 ± 189
SDRR (ms)	46 (38–71)	66 (45–87) ^{†‡}	31 (23–44)	36 (24–44)	27 (19–43)	31 (19–52)
FCmed (bpm)*	69 ± 13	65 ± 11	70 ± 10	67 ± 10	70 ± 9	63 ± 12
RMSSD (ms)*	37 (22–62)	45 (30–70) ^{†‡}	23 (15–34)	21 (14–34)	17 (12–27)	19 (14–34)
NN50*	57 (13–130)	66 (26–141) ^{†‡}	7 (1–40)	9 (0.5–38)	5 (0–21)	4 (1.5–22)
pNN50 (%)*	18 (3–43)	21 (7–44) ^{†‡}	2.5 (0.3–12.6)	2.5 (0.15–12)	1.5 (0–6)	1.4 (0.37–7)
HF (ms ²)*	449 (201–1285)	629 (303–1772) ^{†‡}	167 (64–422)	150 (64–352)	124 (50–257)	89 (35–246)
HF (%)*	30 ± 17	24 ± 16	25 ± 16	15 (9–22)	17 (11–32)	12 (7–29)
HF (n.u.)*	48 ± 19	39 ± 18	45 ± 19	35 ± 19	41 ± 17	34 ± 15
LF (ms ²)	531 (260–1067)	1155 (621–2104) ^{†‡}	235 (96–466)	314 (137–671)	165 (64–546)	212 (87–504)
LF (%)*	29 ± 13	35 ± 14	27 ± 12	34 ± 14	29 ± 13	27 ± 12
LF (n.u.)*	51 ± 19	61 ± 17 [‡]	55 ± 19	65 ± 19	59 ± 17	66 ± 15
LF/HF*	0.96 (0.56–2.09)	1.8 (1.04–2.9)	1.4 (0.69–2.45)	2.21 (1.35–4.09)	1.51 (0.91–2.28)	2.05 (1.33–3.50)
SD1 (ms)*	27 (17–46)	32 (21–49) ^{†‡}	16 (11–24)	15 (10–24)	14 (9–20)	13 (10–23)
SD2 (ms)* [€]	57 (45–83)	84 (59–105) ^{†‡}	40 (30–56)	47 (32–59)	36 (24–56)	42 (26–61)
SD1–SD2*	0.45 (0.34–0.63)	0.39 (0.29–0.52) ^{†‡}	0.4 (0.30–0.51)	0.32 (0.26–0.45)	0.4 (0.3–0.5)	0.33 (0.26–0.45)
Alfa 1*	0.98 ± 0.28	1.09 ± 0.25 ^{†‡}	1.03 ± 0.26	1.16 ± 0.28	1.08 ± 0.23	1.16 ± 0.3
Alfa 2	0.87 ± 0.19	0.88 ± 0.19	0.94 ± 0.17	0.89 ± 0.21	0.97 ± 0.19	1.00 ± 0.22

Models adjusted for accelerometer-based moderate-to-vigorous physical activity (min/week), Framingham cardiovascular risk score (%), fat body mass, and heart rate. *P<0.05: female vs male; [†]P<0.05: 18–39 vs 40–59; [‡]P<0.05: 18–39 vs >60; [€]P<0.05 for interaction between age and sex. RRmed: mean RR intervals; SDRR: standard deviation of normal RR intervals; RMSSD: root mean square of the RR intervals; pNN50: percentage of normal RR intervals that differ more than 50 ms from its adjacent; HF: high frequency power; LF: low frequency power; SD1: instantaneous variability of RR intervals; SD2: long-term variability; n.u.: normalized units.