**Supplemental Table 1.** Metrics of glycaemic control and glycaemic variability before and during the intervention.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Control group** | | |  | **BF group** | | |  | **TRE group** | | |
|  | **Baseline** | **Intervention** | **p-valueb** |  | **Baseline** | **Intervention** | **p-valueb** |  | **Baseline** | **Intervention** | **p-valueb** |
| **Glycaemic Parameters** |  |  |  |  |  |  |  |  |  |  |  |
| MSG [mmol/L] | 5.74 ± 0.47 | 5.69 ± 0.40 | 0.710 |  | 5.56 ± 0.30 | 5.73 ± 0.29 | 0.220 |  | 5.44 ± 0.57 | 5.49 ± 0.42 | 0.690 |
| Minimum [mmol/L] | 4.96 ± 0.54 | 5.15 ± 0.34 | 0.460 |  | 4.79 ± 0.35 | 4.98 ± 0.26 | 0.187 |  | 4.72 ± 0.51 | 4.80 ± 0.32 | 0.520 |
| Maximum [mmol/L]**f** | 6.77 ± 0.44 | 6.22 ± 0.40 | **0.011** |  | 6.68 ± 0.38 | 8.09 ± 1.36 | **0.039** |  | 6.69 ± 0.74 | 6.47 ± 0.56 | 0.556 |
| Time <3.9 mmol/l [%] | 0.20 (0.00 – 4.39) | 0.09 (0.00 – 1.83) | 0.180 |  | 0.78 (0.00 – 2.73) | 0.00 (0.00 – 0.94) | 0.273 |  | 0.23 (0.00 – 3.83) | 0.71 (0.15 – 1.33) | 0.715 |
| Time >10 mmol/l [%] | 0.10 (0.00 – 0.37) | 0.03 (0.00 – 0.06) | 0.180 |  | 0.00 (0.00 – 0.81) | 1.00 (0.00 – 3.02) | 0.109 |  | 0.00 (0.00 – 0.12) | 0.00 (0.00 – 0.27) | 0.317 |
| LAUCgluc [min x mmol/L] | 8217 ± 673 | 8145 ± 569 | 0.705 |  | 7964 ± 431 | 8205 ± 415 | 0.216 |  | 7789 ± 813 | 7868 ± 610 | 0.673 |
| **Glycaemic Variability** |  |  |  |  |  |  |  |  |  |  |  |
| SD [mmol/L] | 0.81 ± 0.29 | 0.74 ± 0.16 | 0.423 |  | 0.83 ± 0.10 | 0.96 ± 0.28 | 0.184 |  | 0.78 ± 0.11 | 0.76 ± 0.09 | 0.422 |
| CV [%] | 14.2 ± 5.7 | 13.0 ± 2.6 | 0.507 |  | 14.9 ± 1.5 | 16.6 ± 4.1 | 0.226 |  | 14.4 ± 1.8 | 13.9 ± 1.4 | 0.422 |
| MAGE [mmol/L] | 1.03 ± 0.31 | 0.89 ± 0.19 | 0.121 |  | 1.13 ± 0.05 | 1.32 ± 0.36 | 0.251 |  | 1.09 ± 0.12 | 0.97 ± 0.14 | 0.113 |
| CONGA [mmol/L] | 5.23 ± 0.44 | 5.21 ± 0.35 | 0.893 |  | 4.96 ± 0.27 | 5.15 ± 0.24 | 0.188 |  | 4.93 ± 0.57 | 5.06 ± 0.39 | 0.370 |
| MAG change [mmol/L/h] | 1.12 ± 0.26 | 1.01 ± 0.22 | **0.036** |  | 1.21 ± 0.08 | 1.11 ± 0.15 | 0.238 |  | 1.09 ± 0.09 | 0.93 ± 0.11 | 0.135 |
| MODD [mmol/L] | 0.73 ± 0.21 | 0.69 ± 0.20 | 0.473 |  | 0.75 ± 0.08 | 0.63 ± 0.10 | 0.098 |  | 0.66 ± 0.06 | 0.59 ± 0.08 | 0.098 |
| LBGI | 1.28 ± 1.09 | 1.15 ± 0.60 | 0.738 |  | 1.44 ± 0.61 | 1.16 ± 0.35 | 0.244 |  | 1.86 ± 1.40 | 1.59 ± 0.79 | 0.523 |
| HBGI | 0.78 ± 0.58 | 0.48 ± 0.30 | 0.220 |  | 0.70 ± 0.31 | 1.31 ± 1.02 | 0.164 |  | 0.59 ± 0.21 | 0.46 ± 0.23 | 0.118 |
| HbA1c [%] | 5.10 (4.83 – 5.38) | 5.10 (4.60 – 5.38) | 0.547 |  | 5.20 (4.65 – 5.45) | 5.20 (4.90 – 5.50) | 0.342 |  | 5.20 (5.00 – 5.20) | 5.10 (4.95 – 5.15) | 0.257 |

ᵃ Data is shown as mean ± SD when normally distributed and median (IQR) when not normally distributed.

b Intra-group comparison; p<0.05 by Student’s t-test for normally distributed data or Wilcoxon test for not normally distributed data.

MSG, mean sensor glucose; TAR, time above range; TBR, time below range; AUCgluc, area under the glucose curve; SD, standard deviation; CV, coefficient of variation; MAGE, mean amplitude of glucose excursions; CONGA, continuous overall net glycemic action; MAG change, mean absolute glucose change; MODD, mean of daily differences; LBGI, low blood glucose index; HBGI, high blood glucose index; HbA1c, glycated hemoglobin; CGM, continuous glucose monitoring.