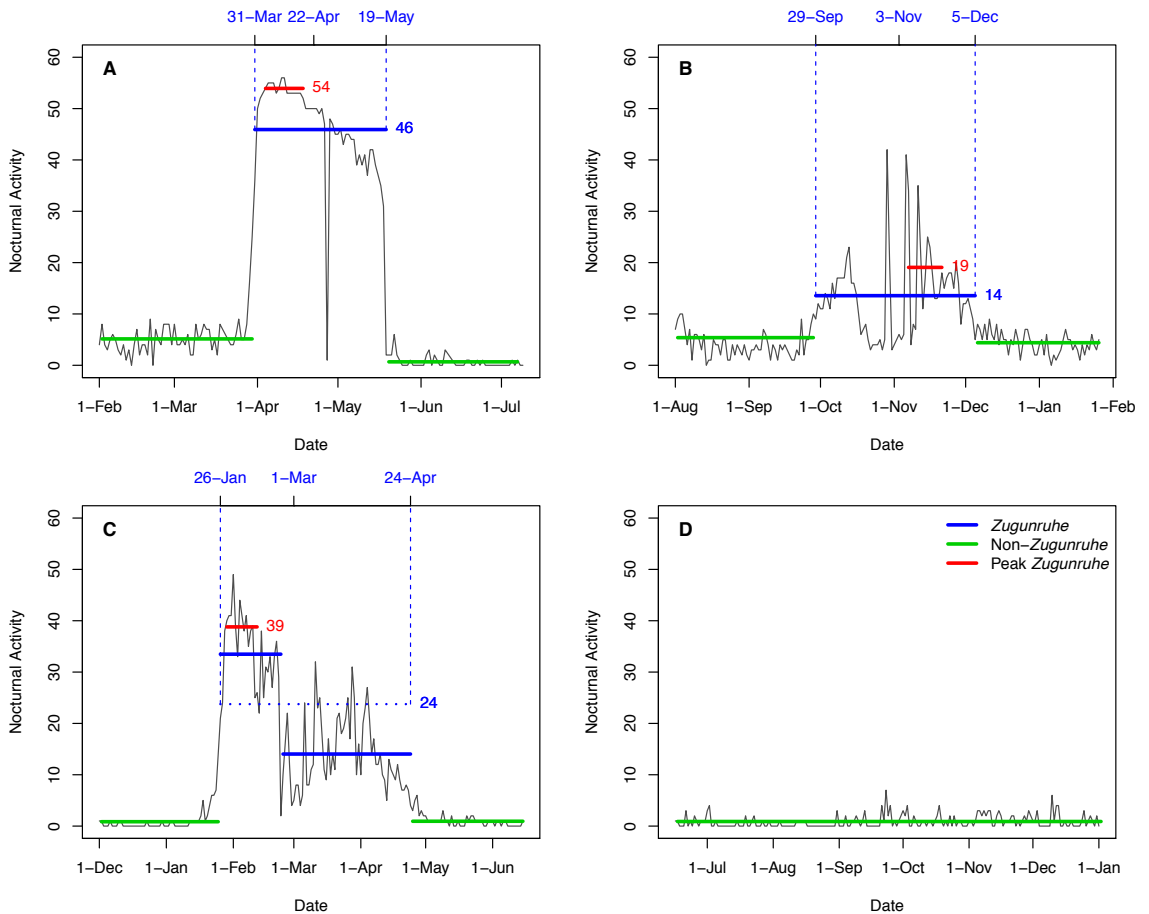## SUPPLEMENTARY FIGURE CAPTIONS

Figure A1. Example data analysed with changepoint analysis. The solid black line shows an individual bird's pattern of nocturnal activity, quantified as the number of active ten-minute periods in a night. The coloured lines show the result of the analysis: solid blue lines show elevated time segments classified as *Zugunruhe*, and solid green lines are those not classified as *Zugunruhe*. Blue dates on top of each figure show the onset, mean, and end of the *Zugunruhe* time segments. The solid red line shows the 15-day period with the highest level of activity. When changepoint analysis identified more than one elevated *Zugunruhe* segment but the segments were adjacent (see **C**), mean *Zugunruhe* intensity was the mean activity level across all elevated segments (blue dotted line). (**A**) Spring data from a Siberian stonechat. (**B**) Autumn data from an Austrian stonechat. (**C**)