**full.csv (nrow = 96120)**

Each participant has a total of 180 rows (160 studied list words + 20 critical lures). If a participant gave 14 responses, the column L (response) will show all these 14 responses (14 rows). The remaining 166 rows will be empty.

Column A: order = this keeps the order of the csv. In case people sort it, they can revert it back to this order.

Column B: Experiment ID = the experimental group a participant belongs. delay_AM = Sleep; delay_PM= Wake

Column C: Participant.Private.ID = a randomly generated ID for each participant. This ID is consistent across all the csv.

Column D: Participant.Browser = The type of browser a participant used to access the study.

Column E: Participant.Monitor.Size

Column F: Participant.Viewport.Size. Column E = Column F because participants were forced to enter full screen mode.

Column G: order_of_response = the order in which the response was given (i.e., r1 = the first response put down by a participant, r2 = the second response, so on and so forth). In row 26 of full.csv, the cell to the right of r25 is empty. This means that this participant produced a total of 24 responses.

Column H: response = spell-checked responses (this is used for all the final analyses). If a cell is empty even though original_response is not, it means that a participant gave the same word twice.

Column I: lure_recalled = whether a response is one of the 20 critical lures.
1 = lure; 0 = not a lure

Column J: studied_recalled = whether a response is one of the 160 studied list words.
1 = studied word (i.e., correct recall), 0 = not a studied word

Column K: all = whether a response is a lure/studied word.
1 = this response is either a lure or a studied word
0 = this is an intrusion

Column L: intrusion = whether a response is an intrusion (i.e., neither a lure nor a studied list word).
1 = this is an intrusion
0 = this is NOT an intrusion

Column M: spelling = whether the original_response has a spelling/typing mistake.
1 = the original response has been corrected for spelling/typos.
9 = the original response contains two words (e.g., bumpyroad). This is likely a result of participant not using a comma. The two words are split as a result.

Column N: duplicated = whether a participant gave the same response twice.
1 = duplicated; 0 = not duplicated

Column O: original_response = this shows the exact response given by the participant. Some responses therefore contain spelling mistakes. Note that for ease of processing, if a participant gave “New York”, it was merged to become “newyork”.

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**lure_final.csv (nrow = 9760)**

This is a simplified csv containing only the critical lure. Each participant has 20 rows because there were 20 critical lures a participant could possibly produce. Note that the 46 participants who were excluded for meeting our pre-registered exclusion criteria are NOT included in this csv.

Column A: order = this keeps the order of the csv.

Column B: Delay = Interval
control = immediate groups; delay = 12-hour delay groups

Column C: Test.Time = AM or PM

Column D: Participant.Private.ID = a randomly generated ID for each participant. This ID is consistent across all the csv.

Column E: lure_word = a target critical lure

Column I: original_response = the unaltered response from participant.
NA = the participant didn’t produce this specific critical lure.

Column J: lure_recalled = whether the critical lure was produced by the participant.
1 = Yes, 0 = No

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**studied_final.csv (nrow = 78080)**

This is a simplified csv containing only the studied list word. Each participant has 160 rows because there are 160 studied list words a participant could possibly recall. Note that the 46 participants who were excluded for meeting our pre-registered exclusion criteria are NOT included in this csv.

The columns are essentially the same as lure_final.csv, except Column E (studied_word) now represents studied list words and Column G (studied_recalled) now represents whether a studied list word was recalled by a participant.