**Table 2:** Outcome measures and treatment sequence allocation.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Outcome** | **Treatment sequence** | **Estimates** | **Treatment period** | **Within individual difference: Morning-evening** |
| 1 | 2 |
|  |  |  | Period 1 | Period 2 |  |
| **24-hour BP** |  |  |  |  |  |
| SBP | Morning-evening | Mean (SD) | 129.3 (14.2) | 130.5 (15.1) | -0.8 (3.5) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 139.0 (14.1) | 132.6 (12.0) | -2.6 (9.5) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -1.8 (7.1) |
|  |  | 95% CI |  |  | -5.4 to 1.9 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.61 |
| DBP | Morning-evening | Mean (SD) | 78.2 (8.0) | 77.7 (8.1) | 0.2 (2.8) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 86.2 (9.9) | 82.2 (10.1) | -2.0 (7.8) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -0.9 (5.9) |
|  |  | 95% CI |  |  | -4.0 to 2.1 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.46 |
| MAP | Morning-evening | Mean (SD) | 95.2 (10.5) | 95.3 (9.9) | -0.1 (2.8) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 100.3 (7.3) | 99.0 (10.3) | -3.2 (8.1) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -1.7 (6.0) |
|  |  | 95% CI |  |  | -4.5 to 1.6 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.32 |
| Pulse pressure | Morning-evening | Mean (SD) | 51.2 (7.3) | 52.4 (7.4) | -0.5 (2.0) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 52.6 (8.7) | 50.5 (6.7) | -0.6 (4.4) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -0.5 (3.4) |
|  |  | 95% CI |  |  | -2.3 to 1.2 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.94 |
| Heart rate | Morning-evening | Mean (SD) | 80 (8) | 79 (6) | 1 (3) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 79 (6) | 78 (14) | -2 (10) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -1 (7) |
|  |  | 95% CI |  |  | -5 to 2 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.86 |
| Nocturnal dip in SBP (%) | Morning-evening | Mean (SD) | -0.4 (7.7) | 2.9 (7.4) | -3.3 (7.6) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 1.3 (7.2) | -7.1 (8.6) | -6.4 (14.5) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -4.9 (11.5) |
|  |  | 95% CI |  |  | -10.9 to 1.0 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.60 |
| Nocturnal dip in DBP (%) | Morning-evening | Mean (SD) | -3.0 (7.0) | 0.5 (5.7) | -3.3 (5.7) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | -6.5 (4.4) | -6.5 (13.0) | -0.5 (16.7) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -1.8 (12.5) |
|  |  | 95% CI |  |  | -8.2 to 4.6 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.65 |
| FVSNsysto | Morning-evening | Mean (SD) | 19.7 (23.1) | 21.1 (32.2) | -12.1 (32.8) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 36.6 (26.8) | 26.9 (21.1) | -3.1 (19.7) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -5.4 (22.2) |
|  |  | 95% CI |  |  | -19.5 to 8.7 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.57 |
| UACR | Morning-evening | Mean (SD) | 150.2 (119.5) | 139.1 (96.5) | -29.6 (88.9) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 158.2 (123.5) | 113.9 (68.8) | -52.4 (111.3) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -41.7 (99.0) |
|  |  | 95% CI |  |  | -92.6 to 9.2 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample Wilcoxon test |  |  | 0.58 |
| Uric acid | Morning-evening | Mean (SD) | 59.1 (8.4) | 55.9 (9.2) | 3.2 (7.9) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 51.5 (7.8) | 51.0 (8.5) | -0.4 (6.7) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | 1.3 (7.3) |
|  |  | 95% CI |  |  | -2.5 to 5.1 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.32 |
| **Daytime ABPM** |  |  |  |  |  |
| SBP | Morning-evening | Mean (SD) | 129.5 (13.7) | 120.0 (13.0) | 1.1 (4.4) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 139.2 (15.7) | 134.0 (14.5) | -1.2 (12.1) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -0.1 (9.1) |
|  |  | 95% CI |  |  | -4.8 to 4.6 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.63 |
| DBP | Morning-evening | Mean (SD) | 78.4 (8.2) | 78.1 (9.1) | -0.04 (2.01) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 87.4 (10.4) | 82.2 (12.8) | -3.1 (11.4) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -1.7 (8.3) |
|  |  | 95% CI |  |  | -5.9 to 2.6 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.47 |
| Heart rate | Morning-evening | Mean (SD) | 83 (9) | 82 (7) | -1 (3) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 80 (6) | 79 (14) | -1 (13) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -1 (9) |
|  |  | 95% CI |  |  |  |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.97 |
| **Nightime ABPM** |  |  |  |  |  |
| SBP | Morning-evening | Mean (SD) | 128.5 (16.2) | 132.2 (17.0) | -4.0 (9.3) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 136.7 (12.3) | 129.6 (10.1) | -4.1 (8.7) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -4.1 (8.7) |
|  |  | 95% CI |  |  | -8.6 to 0.4 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.98 |
| DBP | Morning-evening | Mean (SD) | 76.5 (11.3) | 77.0 (11.9) | -1.3 (3.1) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 81.3 (8.3) | 80.4 (8.3) | 0.6 (8.3) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -0.3 (6.3) |
|  |  | 95% CI |  |  | -3.5 to 3.0 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.55 |
| Heart rate | Morning-evening | Mean (SD) | 72 (8) | 73 (7) | -1 (5) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 74 (12) | 73 (14) | -2 (5) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -1 (5) |
|  |  | 95% CI |  |  | -4 to 1 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.70 |
| Others |  |  |  |  |  |
| Kalemia | Morning-evening | Mean (SD) | 4.9 (0.4) | 5.0 (0.4) | 0.04 (0.10) |
|  |  | Sample size | 9 | 8 | 8 |
|  | Evening-morning | Mean (SD) | 4.9 (0.4) | 4.8 (0.4) | -0.05 (0.64) |
|  |  | Sample size | 10 | 9 | 9 |
|  | Treatment effect | Mean (SD) |  |  | -0.005 (0.464) |
|  |  | 95% CI |  |  | -0.244 to 0.233 |
|  |  | Sample size |  |  | 17 |
|  |  | Paired sample t-test |  |  | 0.67 |