**Suppl. Table 2**

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| Overview of MEMS saliva sampling times across the whole sample. | | |
| Day | 30-min interval | 15-min interval |
| 1 | 30:11 (03:42) | 18:01 (07:45) |
| 2 | 31:46 (06:50) | 17:38 (06:18) |
| 3 | 31:35 (07:34) | 17:06 (06:32) |
| *Note.* Many participants reported opening the sample container in advance for preparation. | | |