

**Supplementary Table 1.** Observed singing effort rating

<b>Numerical Rating</b>	<b>Effort</b>	<b>Examples</b>
1	Very little	Talking and/or not following lyrics
2	Light	Singing some lyrics and/or singing with a quiet voice
3	Some	Singing and hitting most of the lyrics with singing or humming
4	Moderate	Singing lyrics throughout entire video
5	Maximal	Singing loudly, very focused, and following all lyrics well

**Supplementary Figure 1.** Heart rate patterns before, during, and after singing