**FIG. S1**

- **15°C**
- **Bleach & Sync (L1)**
- **4 days**
- **Reproductive**
- **FUdR**
- **Adulthood**
- **Post-reproductive**
- **Day 0 (L4)**
- **Day 1 (D-1)**
- **Day 7 (D-7)**
- **Day 10 (D-10)**
- **collect RNA**