

Description of Additional Supplementary Files

File name: Supplementary Data 1

Description: Raw data for all graphs, figures 1b, 1d, 2b, 2c, 2f, 2g, 3b, 3d, and 3e and supplementary figures 2, 4, 5, 6b and 6d, are presented in the Excel spreadsheet.

File name: Supplementary Video 1.

Description: Time lapse video of paraspeckle changes before, during and after confinement labelled by GFP-SFPQ.