

Description of Additional Supplementary Files

File name: Supplementary Data 1

Description: Spreadsheet containing the statistical test results for the population-level analysis in Figure 3.

File name: Supplementary Data 2

Description: Source data behind the graphs in figures 2b-d, 2f-h, 3b-c, 4b-c, 5b and 6e.

File name: Supplementary Movie 1

Description: Video for a 24h time-lapse experiment of PACA-H2B-GFP cells migrating through short channels.

File name: Supplementary Movie 2

Description: Video reconstruction of the simulation result representing chromatin rearrangement for a cell migrating through a confinement.