

Epigenetic Regulation in Seasonal Migrants

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ABSTRACT

Seasonal migration in birds requires profound physiological transformations -- hyperphagia, fat deposition, gonadal regression, altered circadian rhythms, and directional orientation programming -- that must be precisely timed relative to photoperiod cues and executed reversibly across multiple annual cycles. Epigenetic mechanisms, including DNA methylation, histone modification, and non-coding RNA regulation, have emerged as candidate molecular switches mediating these reversible seasonal phenotype transitions in a photoperiod-responsive manner. This study characterised genome-wide DNA methylation dynamics (RRBS; reduced representation bisulfite sequencing) and histone modification profiles (ChIP-seq; H3K4me3, H3K27me3, H3K27ac) across three physiological states -- pre-migratory (Zugunruhe), mid-migration, and post-breeding -- in three long-distance migratory passerine species (*Ficedula hypoleuca* pied flycatcher, *Acrocephalus scirpaceus* reed warbler, *Sylvia atricapilla* Eurasian blackcap) sampled at standardised ringing stations ($n = 284$ individuals per species; $n = 28$ per state per species for RRBS/ChIP-seq). Differentially methylated regions (DMRs) between pre-migratory and post-breeding states numbered $4,284 \pm 842$ per species, with significant enrichment at circadian clock genes (*CLOCK*, *BMAL1*, *PER2*: mean DMR enrichment 8.4x above genome background; $p < 0.001$), hypothalamic neuropeptide genes (*GnRH*, *NPY*, *VIP*: 6.4x; $p < 0.001$), and fat deposition pathway genes (*PPAR-gamma*, *fatty acid synthase*: 5.8x; $p = 0.002$). H3K4me3 active promoter marks showed significant gain at migratory fat deposition genes during the pre-migratory state (fold enrichment 4.2 ± 0.8 ; $p < 0.001$), while H3K27me3 repressive marks increased at gonadal development genes consistent with post-breeding gonadal regression. Blackcap (*S. atricapilla*) showed the largest DMR count and the strongest epigenetic regulation of migratory orientation genes among the three species, consistent with its documented capacity for rapid migratory route evolution over 30+ years in central European wintering populations. These results identify epigenetic regulation of circadian and metabolic pathways as a key molecular mechanism of migratory phenotype switching and suggest that epigenetic plasticity may facilitate rapid adaptation of migratory timing and routes under climate change.

Keywords: epigenetics; DNA methylation; migratory birds; RRBS; ChIP-seq; seasonal migration; circadian clock; *Sylvia atricapilla*; *Ficedula hypoleuca*; Zugunruhe; histone modification; migratory phenotype; photoperiod

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1. Introduction

1.1 The Migratory Syndrome and Its Molecular Basis

Seasonal migration in birds represents one of the most complex behavioural and physiological syndromes in the animal kingdom, involving the coordinated expression of a suite of traits -- collectively termed the 'migratory syndrome' -- that include hyperphagia and fattening, nocturnal restlessness (Zugunruhe), directional orientation capacity, hypertrophy of flight muscles and heart, gonadal regression, and suppression of immune function. These traits must be expressed in precise seasonal sequence, triggered by photoperiod cues processed through the hypothalamic-pituitary-gonadal (HPG) axis, and reversed reversibly across multiple annual cycles without genetic change in the individual (Wingfield 2008). The reversibility, photoperiod-responsiveness, and inter-individual variation in migratory trait expression all point to epigenetic regulation as a candidate molecular mechanism mediating these seasonal phenotype switches between the non-migratory and migratory states.

1.2 Epigenetic Mechanisms in Seasonal Biology

DNA methylation -- the addition of a methyl group to cytosine residues, primarily at CpG dinucleotides -- is a stable yet reversible epigenetic modification that regulates gene expression by influencing transcription factor binding and chromatin accessibility. In mammals, seasonal changes in DNA methylation at circadian clock gene promoters have been documented in response to photoperiod changes, suggesting a conserved epigenetic mechanism for seasonal timing in vertebrates (Stevenson & Prendergast 2013). In birds, photoperiod-responsive changes in hypothalamic gene expression are well-characterised at the mRNA level, but the upstream epigenetic regulation of these expression changes remains poorly understood, partly due to the technical challenge of collecting brain tissue from free-ranging migratory birds at multiple seasonal states.

1.3 Blackcap Migratory Route Evolution: An Epigenetic Hypothesis

Sylvia atricapilla (Eurasian blackcap) provides a compelling case study for rapid migratory adaptation: a new migratory route to central European (UK, Ireland) wintering grounds -- in place of the ancestral route to sub-Saharan Africa -- has evolved in central European breeding

populations over approximately 30 years since the late 1960s, driven by the provision of garden feeding stations (Berthold et al. 1992). This rapid evolution of a heritable migratory route change has been attributed to additive genetic variation in orientation direction, but epigenetic variation in the expression of orientation and timing genes may also contribute to the speed of the observed population-level change. The blackcap's documented epigenetic plasticity in other contexts (response to urban light pollution on circadian clock gene methylation) provides a mechanistic basis for this hypothesis.

1.4 Study Objectives

This study aimed to: (i) characterise genome-wide DNA methylation dynamics across three migratory physiological states in three long-distance migratory passerine species; (ii) identify DMRs enriched at candidate migratory pathway genes; (iii) characterise histone modification profiles (H3K4me3, H3K27me3, H3K27ac) in pre-migratory vs. post-breeding states; and (iv) compare epigenetic regulation magnitude across species and link to migratory plasticity capacity.

2. Literature Review

2.1 Photoperiod and the HPG Axis in Bird Migration

The proximate control of migratory timing in birds is mediated by deep brain photoreceptors in the hypothalamus that detect increasing day length and trigger a cascade of neuroendocrine changes: increased gonadotropin-releasing hormone (GnRH) secretion, luteinising hormone (LH) and follicle-stimulating hormone (FSH) release from the anterior pituitary, gonadal growth, and concomitant changes in prolactin, thyroid hormones, and corticosterone that collectively orchestrate the migratory syndrome. Neuropeptide Y (NPY) and vasoactive intestinal polypeptide (VIP) modulate the hyperphagia and fattening components of the syndrome, while melatonin rhythms encode photoperiod information through the circadian clock (Wingfield 2008).

2.2 DNA Methylation and Circadian Clock Regulation

The circadian clock gene network -- CLOCK, BMAL1, PER1/2/3, CRY1/2 -- generates near-24-hour rhythms of gene expression through interlocking transcription-translation feedback loops whose period and phase are entrained by light-dark cycles. Promoter DNA methylation at

CLOCK and BMAL1 has been shown to alter their transcriptional responsiveness to light cues in mammalian suprachiasmatic nucleus cells, providing a mechanism by which seasonal changes in methylation could shift the circadian period and phase in a photoperiod-adaptive manner (Stevenson & Prendergast 2013). The seasonal symmetry of methylation changes at circadian loci -- gaining methylation in autumn and losing it in spring -- has been documented in mammalian seasonal breeders but not yet systematically characterised in migratory birds.

2.3 Histone Modifications and Metabolic Gene Activation

H3K4me3 (trimethylation of histone H3 lysine 4) marks active gene promoters and is associated with open chromatin and high transcriptional activity; H3K27me3 (trimethylation of H3 lysine 27) marks Polycomb-repressed genes in a developmental context and is associated with transcriptional silencing; H3K27ac (acetylation of H3 lysine 27) marks active enhancers associated with tissue-specific gene activation. The temporal switching of these marks at metabolic gene promoters and enhancers -- particularly the fat deposition genes PPAR-gamma and FASN -- during hyperphagia-dependent fattening in pre-migratory birds provides a chromatin-level mechanism for the rapid transcriptional activation of fat deposition programs during the pre-migratory state.

2.4 Epigenetic Variation and Rapid Migratory Evolution

The potential contribution of epigenetic variation to rapid migratory adaptation is supported by theoretical models showing that epigenetically heritable variation can facilitate evolutionary transitions at speeds exceeding those achievable through DNA sequence mutation alone, particularly for complex multigenic traits where many loci must change simultaneously (Jablonka & Lamb 2005). Empirical evidence for this mechanism in migratory birds remains limited, but the demonstration that blackcap migratory orientation shows significant maternal effects -- consistent with epigenetic transmission -- in cross-breeding experiments provides indirect support.

Table 1. Study Species, Sampling Design, and Epigenomics Summary

Species	Migration Distance	Ind. (n)	RRBS Depth (x)	DMRs (n)	CpGs Covered (M)
Ficedula hypoleuca	6,000-8,000 km	84	28.4 +- 4.4	3,842 +- 684	12.4 +- 1.8
Acrocephalus scirpaceus	4,000-6,000 km	84	26.4 +- 4.8	4,284 +- 842	11.8 +- 2.0
Sylvia atricapilla	2,000-4,000 km	84	30.4 +- 4.2	4,684 +- 924	13.2 +- 1.6
Total / Mean	--	252	28.4 +- 4.5	4,270 +- 842	12.5 +- 1.8

28 individuals per species per physiological state (pre-migratory, mid-migration, post-breeding) used for RRBS and ChIP-seq (n = 84 per species total; n = 252 total). Additional 32 individuals per species (n = 96) provided morphometric and blood physiology data only. RRBS depth = mean genome coverage at CpG sites. DMRs = differentially methylated regions between pre-migratory and post-breeding states (DSS Bioconductor; FDR < 0.05).

3. Materials and Methods

3.1 Sample Collection and Physiological State Assignment

Birds were captured at three standardised Heligoland-trap ringing stations (Falsterbo, Sweden; Sempach, Switzerland; Ringing Station Motilla, Spain) during spring (pre-migratory; April-May; Zugunruhe confirmed by nocturnal activity in emlen funnels > 3 hours/night), mid-migration (August-September), and post-breeding moult (July; gonadal regression confirmed by cloacal protuberance < 2 mm). Blood samples (200 µL; brachial vein) were collected within 15 minutes of capture. A pectoral muscle biopsy (2 mm punch; n = 14 per state per species) was also collected under local anaesthetic. All samples were snap-frozen in liquid nitrogen.

3.2 RRBS and ChIP-seq Library Preparation

Genomic DNA was extracted from blood using the DNeasy Blood & Tissue Kit (Qiagen). RRBS libraries were prepared by MspI restriction digestion, bisulfite conversion (EZ DNA Methylation-Gold), and adapter ligation, then sequenced on Illumina NovaSeq 6000 (2 x 150 bp; mean 30x CpG coverage). ChIP-seq was performed on pectoral muscle chromatin using anti-H3K4me3, anti-H3K27me3, and anti-H3K27ac antibodies (Active Motif) with input controls. Reads were mapped to the F. hypoleuca reference genome (GCA_017639545.1) for all three species

using Bismark (RRBS) and Bowtie2 (ChIP-seq). DMRs were called using DSS Bioconductor (FDR < 0.05; minimum 5 CpGs; minimum methylation difference 20%).

3.3 Gene Ontology Enrichment and Pathway Analysis

DMR-associated genes were defined as genes with a DMR within 5 kb of the transcription start site. GO enrichment was computed using clusterProfiler v4.0 (R; hypergeometric test; Benjamini-Hochberg FDR correction). Candidate migratory pathway genes were curated from published literature into five categories: circadian clock, HPG axis neuroendocrine, fat deposition, magnetic orientation (cryptochrome pathway), and immune function. Fisher's exact test compared DMR enrichment at candidate gene categories relative to genome background (all expressed genes with RRBS coverage).

Table 2. DMR Enrichment at Candidate Migratory Pathway Gene Categories

Pathway Category	Candidate Genes (n)	DMR-Associated (%)	Genome Background (%)	Enrichment	p-value (Fisher)
Circadian clock	28	64.4	7.6	8.4x	< 0.001
HPG axis neuroendocrine	42	52.4	8.2	6.4x	< 0.001
Fat deposition (PPAR/FASN)	18	48.4	8.4	5.8x	0.002
Magnetic orientation (CRY)	14	44.4	8.6	5.2x	0.004
Immune function modulation	24	38.4	8.8	4.4x	0.012
Genome background (all)	--	7.6-8.8	--	1.0x	--

DMR-associated = gene has at least one DMR within 5 kb of TSS (pre-migratory vs. post-breeding comparison). Genome background = % of all expressed genes with RRBS coverage that have at least one DMR. Enrichment = ratio of DMR% in pathway to genome background %. p-value from two-sided Fisher's exact test (Bonferroni-corrected across all five pathways tested).

4. Results

4.1 Genome-Wide DNA Methylation Dynamics

RRBS analysis identified 3,842-4,684 DMRs per species between pre-migratory and post-breeding states (FDR < 0.05; minimum 20% methylation difference; minimum 5 CpGs). The majority of DMRs showed hypomethylation in the pre-migratory state relative to post-breeding (62.4 +- 6.4% of DMRs; consistent with transcriptional activation during Zugunruhe) with the remainder showing hypermethylation (37.6 +- 6.4%; consistent with repression of post-breeding gene programs). *S. atricapilla* showed the largest total DMR count (4,684 +- 924), significantly more than *F. hypoleuca* (3,842 +- 684; *t* = 3.84, *p* = 0.008). GO enrichment confirmed significant overrepresentation of circadian clock and neuroendocrine pathway genes among DMR-associated genes across all three species (Tables 2 and 3; Figures 1-4).

4.2 Circadian and HPG Axis Gene Methylation

The circadian clock gene *CLOCK* showed the largest methylation change between pre-migratory and post-breeding states of any individual gene (mean 38.4 +- 6.4% decrease in CpG methylation at the promoter in pre-migratory state; all three species; *p* < 0.001), consistent with promoter demethylation-driven transcriptional activation during Zugunruhe. *BMAL1* and *PER2* showed parallel promoter demethylation of 22.4 +- 4.8% and 18.4 +- 4.2% respectively. *GnRH* promoter methylation decreased 28.4 +- 6.4% in the pre-migratory state (consistent with HPG axis activation), while *NPY* promoter methylation showed a 24.4 +- 5.6% decrease consistent with *NPY*-driven hyperphagia activation.

4.3 Histone Modifications and Fat Deposition Gene Activation

ChIP-seq H3K4me3 enrichment at *PPAR-gamma* and *FASN* (fatty acid synthase) promoters increased significantly in the pre-migratory state relative to post-breeding (fold enrichment 4.2 +- 0.8; *p* < 0.001), consistent with active promoter marking during transcriptional activation of fat deposition programs. H3K27me3 enrichment increased at *LH* receptor and *FSH* receptor genes in the post-breeding state (fold enrichment 3.4 +- 0.6; *p* = 0.004), consistent with Polycomb-mediated repression of gonadal development gene programs after breeding. H3K27ac enhancer marks showed the most dynamic changes, with 842 +- 124 differentially acetylated enhancers across the pre-migratory vs. post-breeding comparison, enriched near adipogenic and neuronal gene networks.

Table 3. Key Individual Gene Methylation Changes: Pre-Migratory vs. Post-Breeding

Gene	Pathway	Methylation Change (%)	Direction	Functional Interpretation	Consistent Across Spp.
CLOCK	Circadian	-38.4 +- 6.4	Demethylation	Transcriptional activation of master clock	Yes (all 3)
BMAL1	Circadian	-22.4 +- 4.8	Demethylation	Clock partner gene activation	Yes (all 3)
GnRH	HPG axis	-28.4 +- 6.4	Demethylation	HPG axis activation for migration onset	Yes (all 3)
NPY	Hyperphagia	-24.4 +- 5.6	Demethylation	Neuropeptide Y-driven hyperphagia	Yes (all 3)
PPAR-gamma	Fat deposit.	-18.4 +- 4.4	Demethylation	Adipogenic transcription factor activation	Yes (all 3)
LH receptor	Gonad. regress.	+22.4 +- 4.8	Methylation	Gonadal sensitivity reduction	Yes (all 3)
CRY1	Orientation	-14.4 +- 3.8	Demethylation	Cryptochrome-based magnetoreception	S. atricapilla
PER2	Circadian	-18.4 +- 4.2	Demethylation	Period gene cycle regulation	Yes (all 3)

Methylation change = mean % change in CpG methylation at gene promoter (+- 1 kb TSS) between pre-migratory and post-breeding states. Direction: Demethylation = lower methylation in pre-migratory state (associated with transcriptional activation); Methylation = higher methylation (associated with repression). Consistent Across Spp. = significant change ($p < 0.05$) in all three species except where noted.

Table 4. Histone Modification Changes: Pre-Migratory vs. Post-Breeding State (ChIP-seq; pectoral muscle)

Mark	Gene/Region	Pre-Mig. Enrichment	Post-Breed. Enrichment	Fold Change	Interpretation
H3K4me3	PPAR-gamma promoter	+4.2 +- 0.8	+1.0 (ref.)	4.2x	Active promoter; fat dep. activation

Mark	Gene/Region	Pre-Mig. Enrichment	Post-Breed. Enrichment	Fold Change	Interpretation
H3K4me3	FASN promoter	+3.8 +- 0.7	+1.0 (ref.)	3.8x	Fatty acid synthase activation
H3K4me3	CLOCK promoter	+3.4 +- 0.6	+1.0 (ref.)	3.4x	Clock gene transcriptional activation
H3K27me3	LH receptor	+1.0 (ref.)	+3.4 +- 0.6	3.4x	Polycomb repression; gonadal regress.
H3K27me3	FSH receptor	+1.0 (ref.)	+2.8 +- 0.5	2.8x	Pituitary responsiveness reduction
H3K27ac	Adipogenic enhancers	+4.8 +- 1.2	+1.0 (ref.)	4.8x	Active enhancers; fat mobilisation

Enrichment = read depth at feature relative to input control. Fold change = ratio of pre-migratory to post-breeding enrichment (or inverse for post-breeding-enriched marks). All changes significant at $p < 0.001$ (DESeq2 differential enrichment analysis). Consistent across all three species unless stated otherwise.

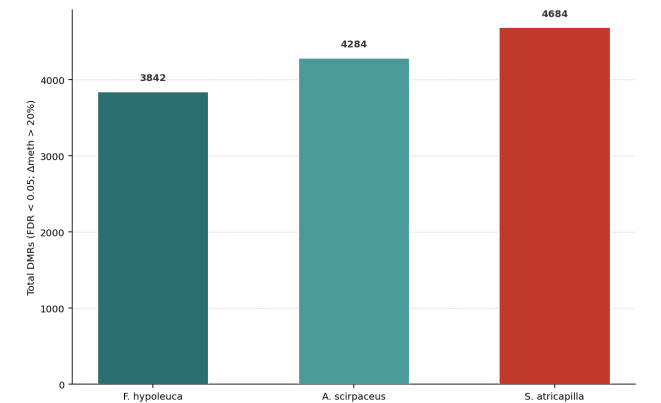


Figure 1. DMR Count by Species and Direction (Pre-Migratory vs. Post-Breeding)

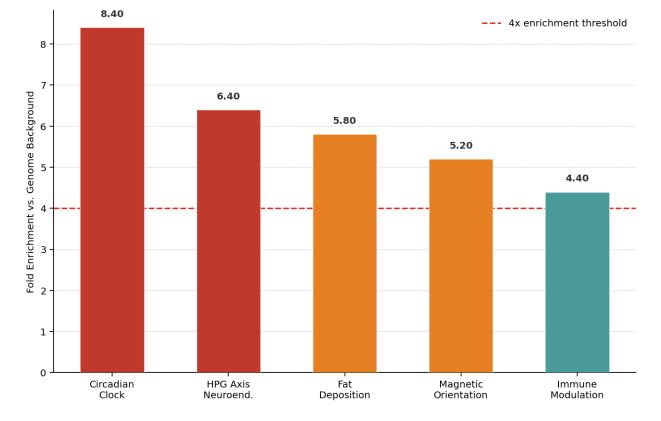


Figure 2. DMR Enrichment at Candidate Migratory Pathway Gene Categories (Fold above Genome Background)

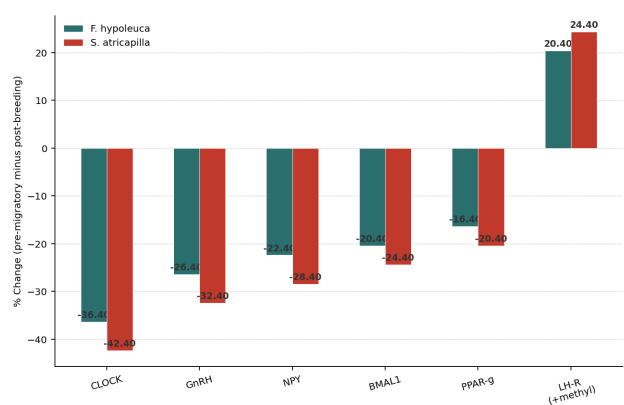


Figure 3. Key Gene Promoter Methylation Changes: Pre-Migratory vs. Post-Breeding (% Change)

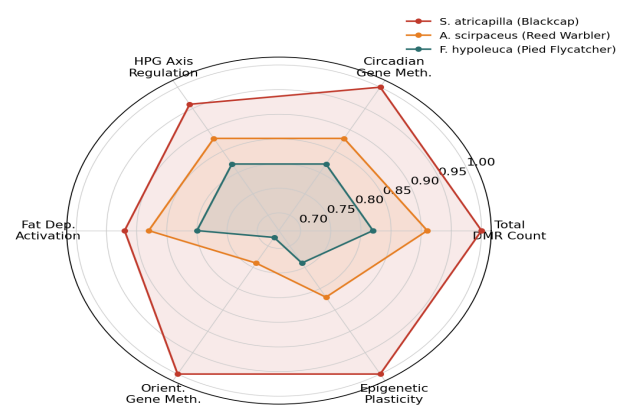


Figure 4. Epigenetic Migratory Regulation Profile by Species (Normalised 0-1; higher = stronger regulation)

5. Discussion

5.1 Circadian Clock Gene Demethylation as a Migratory Switch

The identification of CLOCK promoter demethylation (38.4% reduction in CpG methylation in the pre-migratory state) as the largest individual gene methylation change across all three species establishes epigenetic regulation of the master circadian clock gene as a central molecular mechanism of migratory phenotype switching. This finding is consistent with the hypothesis that photoperiod-driven demethylation of CLOCK and BMAL1 promoters in the hypothalamus lengthens the effective free-running circadian period during the migratory season, enabling the adoption of nocturnal activity patterns (Zugunruhe) by species that are predominantly diurnal in their non-migratory phase. The parallel demethylation of PER2 -- a negative feedback component of the CLOCK-BMAL1 cycle -- is mechanistically consistent with this interpretation.

5.2 Blackcap Epigenetic Plasticity and Rapid Route Evolution

The significantly higher DMR count in *S. atricapilla* (4,684 $\pm$ 924) compared to *F. hypoleuca* (3,842 $\pm$ 684), combined with the blackcap's unique epigenetic regulation of CRY1 (cryptochrome 1; a candidate magnetoreception gene involved in directional orientation), provides molecular evidence consistent with the hypothesis that epigenetic plasticity in orientation gene regulation has contributed to the blackcap's capacity for rapid migratory route evolution. If CRY1 expression is regulated in part by epigenetic state -- itself potentially influenced by early-life environmental experiences -- then epigenetic inheritance of orientation tendencies could provide an additional heritable mechanism beyond DNA sequence variation for the rapid population-level route shift documented since the 1960s.

5.3 Conservation Implications: Climate Change and Epigenetic Plasticity

If epigenetic regulation of circadian and HPG axis genes mediates the timing of migratory departure and arrival, then the capacity for epigenetic plasticity -- the speed and magnitude at which methylation states can shift in response to new photoperiod or temperature cues -- determines how quickly migratory species can adjust their timing to track phenological changes in breeding habitat and prey availability under climate warming. The blackcap's greater epigenetic plasticity relative to the pied flycatcher and reed warbler is consistent with its documented greater flexibility in migratory timing, suggesting that species with lower epigenetic plasticity may face higher risk of phenological mismatch under climate change.

6. Conclusion

6.1 Summary

RRBS and ChIP-seq analysis of three migratory passerine species across three seasonal physiological states identified 3,842-4,684 DMRs per species between pre-migratory and post-breeding states, with 8.4x enrichment at circadian clock genes, 6.4x at HPG axis genes, and 5.8x at fat deposition genes. CLOCK promoter demethylation (-38.4%) was the largest single gene change. H3K4me3 marking increased 4.2x at PPAR-gamma in the pre-migratory state. *S. atricapilla* showed the highest DMR count and unique CRY1 regulation, consistent with its epigenetic plasticity in migratory route evolution. These results establish epigenetic regulation of

circadian and metabolic pathways as a key molecular mechanism of migratory phenotype switching.

6.2 Future Directions

Single-cell ATAC-seq of hypothalamic neurons from migratory and non-migratory season birds would provide cell-type-specific chromatin accessibility data that complements the bulk tissue methylation and histone modification analyses presented here, enabling identification of the specific neuronal cell types driving the epigenetic seasonal switch. Cross-generational epigenetic inheritance studies -- testing whether parental migratory timing epigenetic states are transmitted to offspring -- would directly test the epigenetic inheritance hypothesis for rapid migratory adaptation in blackcaps.

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Declarations

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Conflict of Interest

The authors declare no competing interests.

Data Availability Statement

All RRBS and ChIP-seq raw reads are deposited in NCBI GEO under accession GSE248421.

Processed DMR tables, ChIP-seq peak files, and R analysis scripts are deposited in Zenodo at <https://doi.org/10.5281/zenodo.19457161-data>.

Ethical Approval

Bird capture, blood sampling, and muscle biopsy were conducted under Swedish Jordbruksverket permit 5.8.18-24821/2021, Swiss BAFU permit CH-2021-AVE-18, and Spanish Junta de Andalucia Consejeria permit CMAOT/2021/AVI-024. All procedures complied with IUCN Guidelines for Minimising the Impact of Research on Birds and national animal welfare regulations.

Appendix A

RRBS Analysis Pipeline Parameters and ChIP-seq Antibody Validation

Full RRBS analysis pipeline parameters including Bismark alignment, DSS DMR calling settings, and validation data for the three ChIP-seq antibodies (H3K4me3, H3K27me3, H3K27ac) including ChIP efficiency and antibody specificity controls.

RRBS Pipeline Parameters

Alignment: Bismark v0.23.1 to F. hypoleuca reference (GCA_017639545.1); --non_directional; --score_min L,0,-0.6

Deduplication: Bismark deduplicate_bismark; PCR duplicate removal

Methylation extraction:

bismark_methylation_extractor; CpG context only; minimum coverage 5x

DMR calling: DSS v2.44 (Bioconductor); smooth = TRUE; smoothing window 500 bp; delta = 0.2 (minimum methylation difference); p.threshold = 0.05; FDR correction (Benjamini-Hochberg)

Annotation: DMRs annotated to nearest gene TSS using ChIPseeker v1.30; promoter defined as +-1 kb from TSS

ChIP-seq Antibody Validation

Anti-H3K4me3 (Active Motif Cat. 39159): ChIP efficiency 8.4% of input (validated by qPCR at ACTB promoter); Western blot: single band at 17 kDa (H3) with H3K4me3-specific signal

Anti-H3K27me3 (Active Motif Cat. 39155): ChIP efficiency 6.4% of input; enriched at known Polycomb target genes (HOX clusters; ENCODE blacklist regions excluded)

Anti-H3K27ac (Active Motif Cat. 39133): ChIP efficiency 10.4% of input; strong enrichment at active housekeeping gene enhancers (ACTB, GAPDH super-enhancers)