Supplementary Table 1. Sex-stratified associations between sleep duration and secondary outcomes

Outcome	Men: short vs. ref	Men: long vs. ref	Women: short vs. ref	Women: long vs. ref	p_int (M2)
Waist	β=0.30 (-0.37, 0.97)	β=0.34 (-2.17, 2.84)	β=0.22 (-0.50, 0.95)	β=-0.59 (-3.79, 2.61)	0.839
SBP	β=0.85 (-0.46, 2.17)	β=0.34 (-4.58, 5.26)	β=-0.66 (-2.19, 0.86)	β=-3.01 (-9.71, 3.69)	0.316
DBP	β=0.95 (-0.02, 1.93)	β=0.30 (-3.36, 3.96)	β=-0.84 (-1.92, 0.24)	β=-0.03 (-4.78, 4.71)	0.069
HbA1c (n=227)	β=0.38 (-0.09, 0.85)	β=0.50 (-1.23, 2.23)	β=0.30 (-0.63, 1.22)	-	0.481
Total cholesterol	β=-1.65 (-4.73, 1.44)	β=0.25 (-11.30, 11.80)	β=-0.06 (-3.76, 3.64)	β=3.16 (-13.10, 19.42)	0.707
HDL-C	β=0.27 (-0.58, 1.13)	β=-1.53 (-4.73, 1.66)	β=0.08 (-0.95, 1.11)	β=0.06 (-4.46, 4.58)	0.803
LDL-C	β=-1.55 (-4.39, 1.29)	β=-0.07 (-10.52, 10.38)	β=-0.45 (-3.72, 2.82)	β=-2.93 (-17.61, 11.74)	0.724
Triglycerides	β=1.70 (-8.82, 12.22)	β=-0.85 (-40.23, 38.53)	β=1.81 (-5.59, 9.21)	β=43.95 (11.46, 76.44)	0.346
CRP	β=0.15 (-0.36, 0.66)	β=-0.67 (-2.72, 1.38)	β=-0.07 (-0.49, 0.36)	β=0.21 (-1.79, 2.21)	0.700
FEV_1	β=0.03 (-0.01, 0.08)	β=0.02 (-0.15, 0.20)	β=-0.00 (-0.04, 0.04)	β=-0.07 (-0.24, 0.09)	0.470
FVC	β=0.04 (-0.02, 0.10)	β=0.01 (-0.20, 0.22)	β=-0.00 (-0.05, 0.05)	β=-0.13 (-0.33, 0.06)	0.415
FEV_1 %predicted	β=0.65 (-0.65, 1.95)	β=0.69 (-4.10, 5.48)	β=0.27 (-1.29, 1.83)	β=-1.62 (-8.36, 5.12)	0.777
WHOQOL mean	β=-0.02 (-0.05, 0.02)	β=0.11 (-0.03, 0.26)	β=-0.05 (-0.09, 0.00)	β=-0.05 (-0.26, 0.16)	0.350
QoL item 1	β=0.00 (-0.06, 0.06)	β=0.11 (-0.11, 0.34)	β=-0.02 (-0.09, 0.04)	β=-0.04 (-0.35, 0.27)	0.625
QoL item 2	β=-0.03 (-0.11, 0.04)	β=0.16 (-0.11, 0.43)	β=-0.04 (-0.13, 0.04)	β=-0.13 (-0.51, 0.25)	0.561
QoL item 16	β=-0.29 (-0.37, -0.20)	β=0.37 (0.05, 0.68)	β=-0.37 (-0.47, -0.28)	β=0.29 (-0.14, 0.72)	0.376
Hypertension	OR=1.23 (0.95, 1.58)	OR=0.35 (0.08, 1.48)	OR=0.99 (0.69, 1.43)	OR=1.21 (0.26, 5.65)	0.298
Diabetes (FPG≥126 mg/dL)	-	-	-	-	0.285
Obesity	OR=1.20 (0.99, 1.46)	OR=0.86 (0.42, 1.78)	OR=1.14 (0.91, 1.42)	OR=1.59 (0.62, 4.08)	0.528
Airflow obstruction	-	-	-	-	0.850

p_int (M2)=2-df LR interaction test under M2 (fully adjusted). Data are presented as β estimates with 95% CIs for continuous outcomes and ORs with 95% CIs for binary outcomes. Dashes indicate estimates that were not estimable. HbA1c was measured only in participants without a fasting plasma glucose measurement (n=227); no woman in the long-sleep group had an HbA1c measurement. ref, reference; M2, model 2; SBP, systolic blood pressure; DBP, diastolic blood pressure; HbA1c, hemoglobin A1c; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; CRP, C-reactive protein; FEV_1, forced expiratory volume in 1 second; FVC, forced vital capacity; WHOQOL, World Health Organization Quality of Life-Brief version; QoL, quality of life; FPG, fasting plasma glucose; OR, odds ratio; CI, confidence interval; LR, likelihood-ratio.