

Supplementary table 2. Estimated changes in C-reactive protein levels (mg/l) associated with reallocations of time between physical activity, sedentary behaviour, and sleep.

Reallocation	Δ' (95% confidence interval)			
	↓ Sleep	↓ SB	↓ LPA	↓ MVPA
10 minutes/day				
↑ Sleep		0.01 (−0.01, 0.04)	0.01 (−0.03, 0.04)	0.00 (−0.04, 0.05)
↑ SB	−0.01 (−0.04, 0.01)		−0.01 (−0.05, 0.03)	−0.01 (−0.06, 0.04)
↑ LPA	−0.01 (−0.04, 0.02)	0.01 (−0.03, 0.05)		0.00 (−0.07, 0.06)
↑ MVPA	0.00 (−0.04, 0.04)	0.01 (−0.03, 0.06)	0.00 (−0.06, 0.06)	
30 minutes/day				
↑ Sleep		0.04 (−0.04, 0.13)	0.02 (−0.09, 0.12)	0.01 (−0.16, 0.17)
↑ SB	−0.04 (−0.13, 0.04)		−0.03 (−0.15, 0.09)	−0.04 (−0.22, 0.15)
↑ LPA	−0.02 (−0.11, 0.07)	0.03 (−0.08, 0.14)		−0.01 (−0.23, 0.21)
↑ MVPA	−0.01 (−0.12, 0.09)	0.03 (−0.09, 0.15)	0.00 (−0.16, 0.17)	
60 minutes/day				
↑ Sleep		0.09 (−0.09, 0.27)	0.03 (−0.19, 0.25)	−0.03 (−0.78, 0.72)
↑ SB	−0.09 (−0.27, 0.09)		−0.06 (−0.31, 0.20)	−0.11 (−0.90, 0.67)
↑ LPA	−0.04 (−0.21, 0.13)	0.06 (−0.15, 0.26)		−0.06 (−0.90, 0.78)
↑ MVPA	−0.03 (−0.22, 0.15)	0.06 (−0.16, 0.28)	0.00 (−0.33, 0.33)	

Abbreviations: Δ' = estimated change in C-reactive protein level for the reallocation of time from the behaviour in the column to the behaviour in the row; SB = sedentary behaviour, LPA = light physical activity, MVPA = moderate-to-vigorous physical activity.