

Supplementary table 3. Estimated changes in interleukin-6 levels (pg/ml) 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		0.05 (−0.13, 0.23)	0.26 (−0.03, 0.54)	−0.39 (−1.03, 0.25)
↑ SB	−0.05 (−0.23, 0.13)		0.21 (−0.07, 0.48)	−0.44 (−1.04, 0.16)
↑ LPA	−0.25 (−0.52, 0.03)	−0.19 (−0.45, 0.06)		−0.64 (−1.42, 0.15)
↑ MVPA	0.33 (−0.22, 0.88)	0.38 (−0.13, 0.89)	0.59 (−0.12, 1.30)	
30 minutes/day				
↑ Sleep		0.15 (−0.38, 0.68)	0.81 (−0.08, 1.70)	−1.49 (−3.84, 0.86)
↑ SB	−0.15 (−0.70, 0.39)		0.66 (−0.20, 1.52)	−1.64 (−3.87, 0.59)
↑ LPA	−0.71 (−1.49, 0.08)	−0.55 (−1.29, 0.19)		−2.19 (−4.95, 0.57)
↑ MVPA	0.85 (−0.63, 2.34)	1.01 (−0.34, 2.36)	1.67 (−0.33, 3.67)	
60 minutes/day				
↑ Sleep		0.30 (−0.77, 1.36)	1.78 (−0.17, 3.73)	−6.92 (−17.15, 3.31)
↑ SB	−0.31 (−1.41, 0.78)		1.49 (−0.40, 3.37)	−7.21 (−17.22, 2.79)
↑ LPA	−1.34 (−2.84, 0.16)	−1.02 (−2.43, 0.39)		−8.24 (−19.19, 2.72)
↑ MVPA	1.43 (−1.17, 4.03)	1.75 (−0.58, 4.08)	3.23 (−0.56, 7.02)	

Abbreviations: Δ' = estimated change in interleukin-6 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.