

Table S1—Descriptive characteristics of eating behaviors at baseline and endpoint by sleep conditions (AS and SR).

	AS wk0	AS wk6	SR wk0	SR wk6
Eating Occasion				
Mean ± SD	4.1 ± 1.2	4.3±1.2	4.2 ± 1.3	4.2 ± 1.3
Range	1.3-8.0	2-8	1.7-8.3	1.7-7.3
Eating Window				
Mean ± SD	10.2 ± 2.1	10.5 ± 1.8	10.7 ± 2.2	11.0 ± 2.2
Range	2.2-14	6.5-14	5.1-15	5.9-15
Eating Midpoint				
Mean ± SD	14:31 ± 01:08	14:25 ± 01:07	14:35-01:06	14:34-01:04
Range	11:45-18:05	11:53-17:35	11:18-17:35	12:20-14:42
SD Eating Occasion				
Mean ± SD	0.8 ± 0.6	0.7 ± 0.6	0.8 ± 0.5	0.7 ± 0.6
Range	0-3.1	0-2.3	0-2.9	0-2.3
SD Eating Window				
Mean ± SD	1.7 ± 1.2	1.6 ± 1.2	1.9 ± 1.3	1.8 ± 1.2
Range	0.9-6.3	0.9-6.3	0-6.2	0.5-5.3
SD Eating Midpoint				
Mean ± SD	00:50 ± 00:35	00:46 ± 00:31	00:53 ± 00:34	0:55 ± 00:35
Range	00:03-03:10	00:11-02:46	00:01-03:12	00:04-03:00

SD: standard deviation; AS: adequate sleep; SR: sleep restriction.