

SUPPLEMENTAL MATERIAL

Table S1. Bivariate correlations between demographic, lifestyle, and biological factors with CIMT.

	CIMT, mm	
	<i>r</i> or <i>F</i> -value	<i>p</i>
Racial/Ethnic Minority , yes/no	-0.01	0.94
Highest Education Level , high school/college (undergraduate/4-year)/graduate school	0.37	0.69
BMI , kg/m ²	0.06	0.65
MVPA , minutes/day	0.09	0.48
Sleep Onset , clock time	-0.04	0.78
Sleep Efficiency , %	-0.13	0.33
WASO , minutes	0.12	0.37
Total Energy Intake , kcal/day	-0.28	0.03
Diet Quality , HEI score	-0.05	0.70
Eating Onset , clock time	0.09	0.50
Eating Offset , clock time	-0.09	0.50
Caloric Midpoint , clock time	0.13	0.34

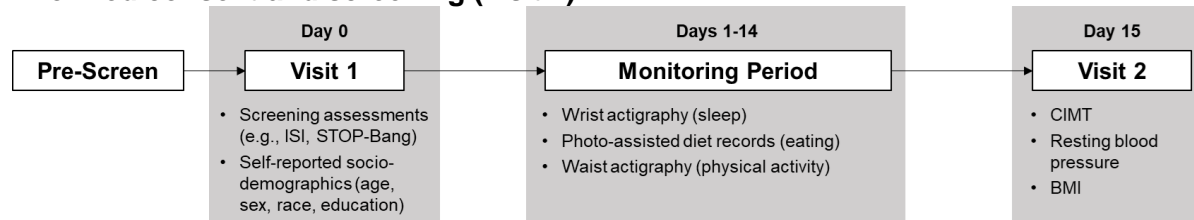
Pearson's correlations (continuous independent variable), point biserial correlations (dichotomous independent variable), and ANOVAs (categorical independent variable with >2 categories) were used to evaluate associations with CIMT, as appropriate. Bolded *p*-values meet pre-determined threshold for inclusion in multivariable regression models ($p < 0.10$). BMI, body mass index; MVPA, moderate-vigorous physical activity; WASO, wake after sleep onset.

Table S2. Median (IQR) and skewness for all continuous study variables (n=62).

	Median (IQR)	Skewness
<i>General Characteristics</i>		
Age, years	26.8 (23.0-25.3)	0.6
Insomnia Severity Index, score	3.0 (2.0-4.0)	1.6
BMI, kg/m²	24.0 (23.0-25.3)	0.4
Systolic Blood Pressure, mmHg	113 (107-120)	0.2
Diastolic Blood Pressure, mmHg	68 (66-75)	0.2
CIMT, mm	0.53 (0.51-0.59)	0.3
MVPA, minutes/day	50.5 (38.6-68.8)	1.5
<i>Actigraphy-Derived Sleep Metrics</i>		
Sleep Onset, clock hour	23:33 (22:44-00:14)	0.1
Sleep Duration, minutes/night	453.8 (426.1-471.8)	0.0
Sleep Efficiency, %	92.3 (91.1-94.0)	-0.6
WASO, minutes	33.8 (27.3-40.8)	0.8
Sleep Onset SD, minutes	52.1 (36.6-70.0)	0.7
Sleep Duration SD, minutes	59.4 (46.0-84.8)	0.9
<i>Eating Metrics</i>		
Total Energy Intake, kcal/day	2183 (1906-2479)	3.0
Diet Quality, HEI score[†]	67.5 (57.6-76.6)	-0.4
Eating Onset, clock hour	08:37 (08:00-09:15)	0.5
Eating Offset, clock hour	20:14 (19:35-21:22)	0.2
Caloric Midpoint, clock hour	15:17 (14:12-16:01)	0.1
Eating Onset SD, minutes	67.5 (50.0-96.2)	1.0
Eating Offset SD, minutes	77.5 (62.0-101.8)	1.0
Caloric Midpoint SD, minutes	154.5 (128.0-173.0)	0.0

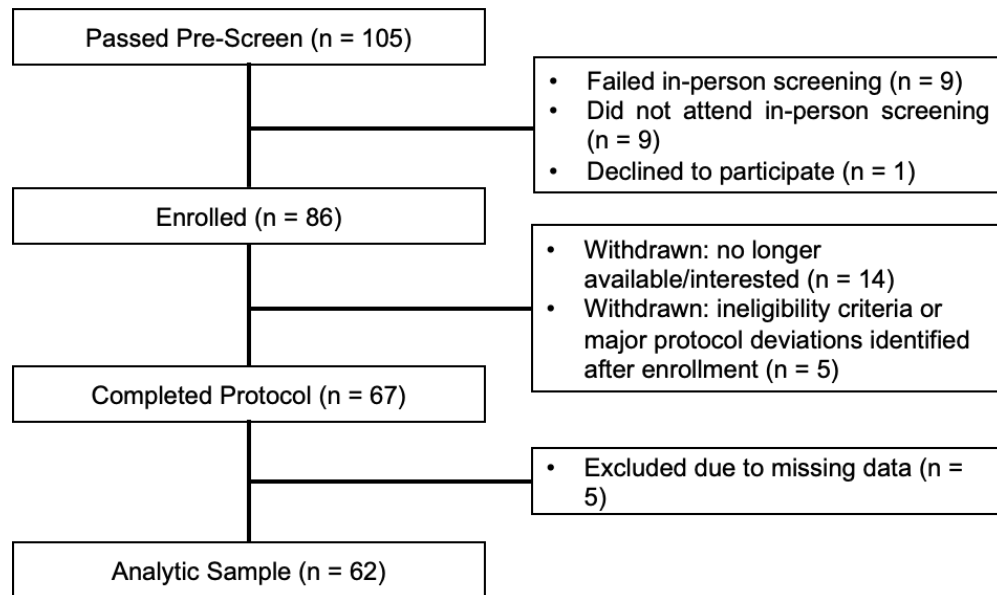
IQR is presented as 1st-3rd quartile. Values ± 2 or greater indicate non-negligible skewness. HEI, Healthy Eating Index; IQR, interquartile ratio; SD, standard deviation; WASO, wake after sleep onset.

Figure S1. The study protocol consisted of a remote ‘pre-screen’ followed by in-person informed consent and screening (visit 1).



Eligible participants who provided written consent underwent a 14-day period where behaviors of sleep, eating, and physical activity were continuously monitored, immediately followed by CIMT, resting blood pressure, and BMI assessments (visit 2). See manuscript text for additional details on all study measures. Note that time elapsed between visit 1 and the 14-day monitoring period varied according to participant availability and scheduling. BMI, body mass index; CIMT, carotid intima-media thickness; ISI, Insomnia Severity Index; STOP-Bang, STOP-Bang Sleep Apnea Questionnaire.

Figure S2. Flow diagram of study participants according to stage of enrollment.



Participant enrollment occurred between April 2021 – December 2022. Participants who completed the protocol were excluded from this analysis for missing CIMT data (n=3) and dietary data (n=2). CIMT, carotid intima media thickness.