

## Supplementary Material

**Table S1.** Overview of overall sociodemographic, anthropometric, and clinical variables.

Type of variables	Variables
Sociodemographic	Sex Age Smoker (0-No; 1-Yes; 2- Former smoker, (6 months without smoking) Alcohol (0-No; 1-Yes; 2- Former alcoholic) Physical activity (0-Sedentary; 1-Moderate; 2-Active) Scholarship (0-No studies; 1-Primary; 2-Secondary; 3-University)
Diseases	Arterial Hypertension (HTA) (0-No; 1-Yes; 2-Resistant) Heart disease (0-No; 1-Yes) Ictus (0-No; 1-Yes) Epilepsy (0-No; 1-Yes) Pulmonary Disease (0-No; 1-COPD; 2-Asthma; 3-PE; 4-Pneumonia; 5-Others) Diabetes mellitus (DM) (0-No; 1-Yes) Neoplasm (0-No; 1-Yes) Memory disorder (0-No; 1-Sometimes; 2-Frequently; 3-Always) Concentration disorder (0-No; 1-Sometimes; 2-Frequently; 3-Always) Depression (0-No; 1-Yes) Anxiety (0-No; 1-Yes)
Sleep	Sleep (0-10) EPWORTH Sleepiness Scale (1-23) Snore (0-No; 1-Sometimes; 2-Frequently; 3-Always) Nonrestorative sleep (0-No; 1-Sometimes; 2-Frequently; 3-Always) Asphyxia crises (0-No; 1-Sometimes; 2-Frequently; 3-Always) Nocturia (0-No; 1-Sometimes; 2-Frequently; 3-Always) Witnessed apneas (0-No; 1-Sometimes) Headache (0-No; 1-Sometimes) Insomnia (0-No; 1-Starting; 2-Persistent) Daytime sleepiness (0-No; 1-Sometimes; 2-Frequently; 3-Always) Night awakenings (0-No; 1-Sometimes; 2-Frequently; 3-Always) Cataplexy (0-No; 1-Yes) Real or vivid dreams (0-No; 1-Yes) Somnambulism (0-No; 1-Yes) Sleep interrupted by heartburn (0-No; 1-Yes) Grind teeth (0-No; 1-Yes) Sleep duration (Holidays) (h) Nap (0-No; 1-Yes)
Anthropometric	Weight (kg), Height (cm), Neck (cm), Waist (cm), Hips (cm), Body Mass Index (BMI)
Blood Test	Glucose, Urea, Creatinine, Cholesterol, High-Density Lipoprotein, Low-Density Lipoprotein, Triglycerides, Insulin, C-reactive protein, Thyroid-stimulating hormone, Thyroxine, Leukocytes, % Neutrophils, % Lymphocytes, Red blood cells, Hemoglobin, Platelets, Apolipoprotein E (APO-E)
Others	Decreased sexual desire or potency (0-No; 1-Yes) Systolic blood pressure Diastolic blood pressure