

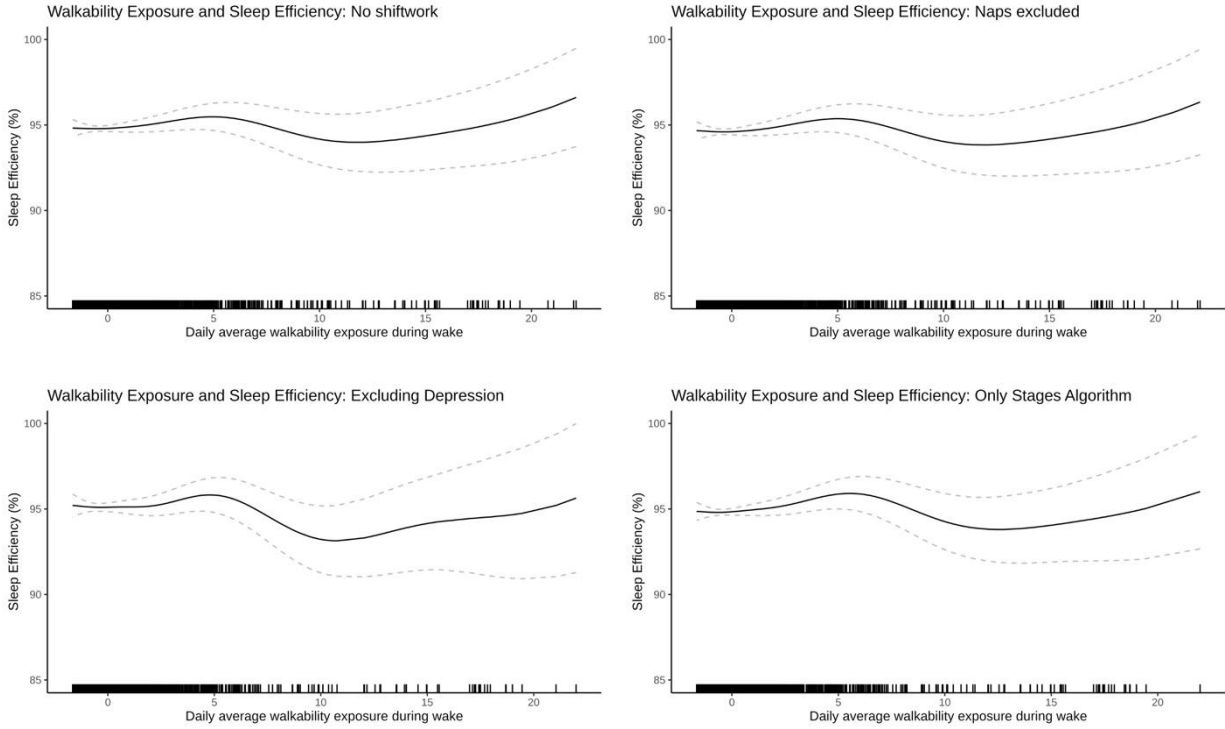
Supplementary Information

eTable 1. Participant characteristics of the 276 Nurses' Health Study 3 Mobile Health Substudy participants included in the analysis and of the 402 participants who provided Fitbit sleep data and 511 participants who were consented in the study.

	N = 276 Included in analysis	N = 402 Had Fitbit sleep data	N = 511 Consented in study
Participant Characteristic		Mean (SD)	
Age (years)	39.58 (7.10)	39.54 (7.24)	39.99 (7.20)
		n (%)	
Advanced degree (% yes)	71 (25.7)	100 (24.9)	128 (25.1)
Employed (% yes)	260 (94.2)	373 (95.6)	476 (96.0)
Married (% yes)	170 (61.6)	241 (60.0%)	302 (59.1)
Race (% white)	264 (95.7)	378 (95.7)	479 (95.4)
Depression (% yes)	86 (31.2)	122 (30.4)	148 (29.0)
Region (%)			
Midwest	66 (23.9)	117 (29.1)	151 (29.5)
Northeast	64 (23.2)	96 (23.9)	122 (23.9)
South	77 (27.9)	97 (24.1)	120 (23.5)
West	69 (25.0)	86 (21.4)	110 (21.5)
Missing	0 (0)	6 (1.5)	8 (1.6)
Alcohol consumption (% ≥ 1 drink/day)	6 (2.2)	6 (1.5)	9 (1.8)

eTable 2. Effect estimates of a one IQR increase in walkability exposure on sleep duration (continuous) for sensitivity analyses: excluding sleep periods on dates for which naps occurred, excluding dates either on or following reported shiftwork, excluding participants who self-reported doctor-diagnosed depression, excluding sleep periods that were calculated from the “Classic” algorithm.

	N participants	N sleep	Effect Estimate	95% CI
<i>Main association</i>	276	3592	-1.77	(-4.99, 1.46)
<i>Excluding</i>				
Naps	275	3330	-2.11	(-5.35, 1.13)
Shiftwork	276	3542	-1.81	(-5.05, 1.43)
Depression	190	2571	-2.18	(-5.91, 1.56)
Classic algorithm	256	3140	-0.08	(-3.21, 3.06)



eAppendix 1. Fully adjusted associations between walkability exposure and sleep efficiency (continuous) for sensitivity analyses: excluding sleep periods on dates for which naps occurred, excluding dates either on or following reported shiftwork, excluding participants who self-reported doctor-diagnosed depression, excluding sleep periods that were not calculated from the “Stages” algorithm.