

**Online Appendix Table —Subgroup analyses on hours of day napping and night sleeping in relation to diabetes after 2000\***

Subgroup	Hours of daytime napping †			Hours of night sleeping			
	None	< 1	≥ 1	< 5	5-6	7-8	≥ 9
<b>Age group</b>							
<b>&lt; 60 years</b>							
No. of cases	1 812	1 212	318	146	1 232	1 887	89
OR (95% CI)	1.0	1.11 (1.03-1.20)	1.20 (1.05-1.37)	1.29 (1.07-1.56)	1.02 (0.95-1.11)	1.0	1.01 (0.80-1.26)
<b>60-64 years</b>							
No. of cases	1 287	1 245	359	106	975	1 709	109
OR (95% CI)	1.0	1.14 (1.05-1.24)	1.59 (1.40-1.82)	1.30 (1.05-1.61)	1.06 (0.98-1.15)	1.0	1.21 (0.98-1.49)
<b>≥ 65 years</b>							
No. of cases	1 366	2 006	495	138	1 220	2 369	150
OR (95% CI)	1.0	1.22 (1.13-1.31)	1.36 (1.22-1.52)	1.41 (1.17-1.70)	1.08 (1.00-1.16)	1.0	1.05 (0.88-1.25)
<b>Gender</b>							
<b>Men</b>							
No. of cases	2 515	3 002	776	205	2 081	3 802	225
OR (95% CI)	1.0	1.18 (1.12-1.25)	1.35 (1.24-1.48)	1.37 (1.18-1.60)	1.06 (1.00-1.13)	1.0	1.16 (1.00-1.34)
<b>Women</b>							
No. of cases	1 950	1 461	396	185	1 346	2 163	123
OR (95% CI)	1.0	1.11 (1.04-1.20)	1.40 (1.25-1.58)	1.28 (1.08-1.51)	1.04 (0.97-1.12)	1.0	0.97 (0.80-1.17)
<b>Education level</b>							
<b>Below high school</b>							
No. of cases	966	1 132	362	144	915	1 324	88
OR (95% CI)	1.0	1.23 (1.12-1.35)	1.55 (1.35-1.77)	1.45 (1.19-1.75)	1.10 (1.01-1.21)	1.0	1.11 (0.88-1.41)

<b>High school or more</b>							
No. of cases	3 388	3 223	778	231	2 423	4 499	254
OR (95% CI)	1.0	1.15 (1.09-1.21)	1.33 (1.22-1.45)	1.30 (1.13-1.50)	1.05 (1.00-1.11)	1.0	1.08 (0.95-1.24)
<b>Health status</b>							
<b>Excellent / very good</b>							
No. of cases	2 200	1 913	371	111	1 421	2 816	147
OR (95% CI)	1.0	1.16 (1.09-1.24)	1.32 (1.17-1.49)	1.33 (1.09-1.63)	1.06 (0.99-1.13)	1.0	1.12 (0.95-1.34)
<b>Good</b>							
No. of cases	1 744	1 864	524	169	1 440	2 395	142
OR (95% CI)	1.0	1.16 (1.08-1.24)	1.39 (1.25-1.55)	1.47 (1.24-1.75)	1.04 (0.97-1.12)	1.0	1.16 (0.96-1.39)
<b>Fair or poor</b>							
No. of cases	466	622	261	106	522	669	55
OR (95% CI)	1.0	1.14 (1.00-1.30)	1.35 (1.13-1.60)	1.22 (0.97-1.54)	1.12 (0.99-1.27)	1.0	0.85 (0.63-1.14)
<b>BMI, (kg/m<sup>2</sup>)</b>							
<b>12.0-24.9</b>							
No. of cases	760	623	134	37	467	960	56
OR (95% CI)	1.0	1.10 (0.99-1.23)	1.31 (1.08-1.59)	1.06 (0.75-1.49)	1.05 (0.93-1.17)	1.0	1.11 (0.85-1.47)
<b>25.0-29.9</b>							
No. of cases	1 925	1 952	481	143	1 457	2 635	133
OR (95% CI)	1.0	1.19 (1.11-1.27)	1.43 (1.29-1.60)	1.41 (1.17-1.69)	1.10 (1.03-1.17)	1.0	0.99 (0.83-1.19)
<b>≥ 30.0</b>							
No. of cases	1 688	1 778	523	183	1 423	2 248	152
OR (95% CI)	1.0	1.14 (1.06-1.23)	1.31 (1.17-1.46)	1.25 (1.05-1.48)	1.02 (0.95-1.09)	1.0	1.18 (0.99-1.42)

<b>Smoking</b>								
<b>Never</b>								
No. of cases	1 611	1 536	337	162	1 196	2 008	124	
OR (95% CI)	1.0	1.15 (1.07-1.24)	1.35 (1.19-1.54)	1.53 (1.28-1.82)	1.10 (1.02-1.19)	1.0	1.14 (0.94-1.39)	
<b>Ever</b>								
No. of cases	2 664	2 715	768	202	2 068	3 695	206	
OR (95% CI)	1.0	1.17 (1.10-1.24)	1.35 (1.23-1.47)	1.19 (1.02-1.39)	1.04 (0.98-1.10)	1.0	1.05 (0.90-1.21)	
<b>Family history of diabetes</b>								
<b>No</b>								
No. of cases	2 687	2 670	669	225	2 031	3 579	209	
OR (95% CI)	1.0	1.18 (1.11-1.25)	1.34 (1.22-1.47)	1.39 (1.20-1.61)	1.09 (1.03-1.15)	1.0	1.07 (0.92-1.24)	
<b>Yes</b>								
No. of cases	1 708	1 724	479	148	1 340	2 297	139	
OR (95% CI)	1.0	1.13 (1.05-1.22)	1.39 (1.24-1.56)	1.18 (0.98-1.43)	1.01 (0.94-1.09)	1.0	1.14 (0.95-1.38)	

\* In general, the models were adjusted for age, gender, race, education, marital status, smoking status, coffee and alcohol consumptions, calorie intake, family history of diabetes, general health status, light physical activity level, moderate to vigorous physical activity level, and body mass index. Stratified variables were adjusted within subgroups when possible. Sample size may not add up to total because of missing values.

† Statistical significant for linear trend was tested for the day napping and diabetes relationship; all *P* for trend was < 0.0001 except for the following subgroups: < 60 years of age (*P* for trend = 0.002), fair or poor in health (*P* for trend = 0.0007), and BMI 12.0-24.9 (*P* for trend 0.004). No test for linear trend was conducted for hours of night sleeping as the relation was non-linear.