

SUPPLEMENTARY DATA

Supplementary Table 1. A Comparison of Sociodemographic, Health Behaviors and Clinical Characteristics by Diabetes among NHIS participants, 2004-2011 (N=130,943).

	Diabetes	No Diabetes	Total
Sample size, N (%)	13,255 (9)	117,688 (91)	130,943
Age, year ± SE	60.8 ± 0.16	49.5 ± 0.09	50.6 ± 0.09
Age group, (%)			
35-49	21	53	50
50-64	39	28	30
≥65	40	18	20
Women	49	51	51
Race/ethnicity			
Non-Hispanic white men	43	43	43
Non-Hispanic black men	38	45	44
Non-Hispanic white women	8	5	6
Non-Hispanic black women	10	6	7
Educational attainment			
<High school	37	30	31
High school graduate	17	9	9
Some college	28	30	29
≥ College	18	31	30
Marital status			
Married	59	62	62
Divorced/separated/widowed	32	22	23
Never married	9	16	52
Living in poverty			
Class of worker	12	8	8
Private wage	72	70	71
Government	18	21	19
Self employed	10	9	10
Occupation			
Professional/Management	16	22	21
Support services	46	46	46
Laborers	42	32	33
Health behaviors			
Usual sleep (hours)	7.3 ± 0.02	7.1 ± 0.01	7.1 ± 0.01
Smoking status			
Never	46	43	52
Current	37	25	26
Former	17	17	22
Alcohol consumption			
Never	25	16	17
Current	44	69	66
Former	31	15	17
Leisure-time physical activity			
Never/unable	50	33	35
Low	26	34	33

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High	24	33	32
Clinical characteristics			
BMI (kg/m ²)	32.0 ± 0.08	27.5 ± 0.02	27.9 ± 0.03
Overweight/Obese	85	15	66
Obese	55	45	29
Hypertension (yes)	72	29	33
General health status			
Excellent/Very Good	22	64	60
Good	38	25	26
Fair/Poor	40	11	14
Region of country			
Northeast	16	18	18
Midwest	28	27	27
South	43	37	38
West	14	17	17

Overweight/Obese defined by Body Mass Index ≥ 25 kg/m²; Obese defined by Body Mass Index ≥ 30 kg/m²

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Supplementary Table 2. A Comparison of Sociodemographic, Health Behaviors and Clinical Characteristics by Diabetes and Race/ethnicity among NHIS participants, 2004-2011 (N=130,943).

	Diabetes		No Diabetes	
	Black	White	Black	White
Sample size, N (%)	3,612 (13)	20,793 (87)	9,643 (9)	96,895 (91)
Age, year ± SE	58.0 ± 0.29	61.4 ± 0.19	45.7 ± 0.15	50.1 ± 0.10
Age group, (%)				
35-49	27	19	64	52
50-64	40	39	25	29
≥65	33	42	12	19
Women	56	47	55	51
Educational attainment				
<High school	34	38	35	30
High school graduate	26	15	14	8
Some college	27	28	32	29
≥ College	13	19	19	33
Marital status				
Married	41	63	39	65
Divorced/separated/widowed	42	29	27	21
Never married	17	8	33	14
Living in poverty	25	9	20	6
Class of worker				
Private wage	68	70	72	71
Government	27	20	23	18
Self employed	5	10	5	11
Occupation				
Professional/Management	9	17	13	23
Support services	41	43	44	47
Laborers	50	40	43	31
Health behaviors				
Usual sleep (hours)	7.2 ± 0.04	7.3 ± 0.02	7.1 ± 0.02	7.1 ± 0.01
Smoking status				
Never	54	44	61	52
Current	27	39	15	26
Former	18	17	24	22
Alcohol consumption				
Never	34	23	28	14
Current	36	46	55	70
Former	30	31	17	15
Leisure-time physical activity				
Never/unable	56	49	45	32

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Low	24	26	31	35
High	20	25	25	34
Clinical characteristics				
BMI (kg/m ²)	33.0 ± 0.15	31.8 ± 0.10	29.3 ± 0.06	27.3 ± 0.03
Overweight/Obese	88	84	74	62
Obese	60	54	38	25
Hypertension (yes)	79	70	36	28
General health status				
Excellent/Very Good	16	24	52	66
Good	35	38	31	24
Fair/Poor	48	38	17	10
Region of country				
Northeast	13	16	12	19
Midwest	19	30	19	29
South	62	38	60	34
West	7	16	8	19

Overweight/Obese defined by Body Mass Index ≥ 25 kg/m²; Obesity defined by Body Mass Index ≥ 30 kg/m²;
 SE=standard error

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Supplementary Table 3. A Comparison of Sociodemographic Health Behaviors and Clinical Characteristics by Sleep Duration among NHIS participants, 2004-2011 (N=130,943).

	Sleep Duration		
	≤ 6 hours	7 hours	≥8 hours
Sample size, N	39,326 (29)	39,632 (32)	51,985 (39)
Age, year ± SE	48.8 ± 0.10	49.0 ± 0.11	53.2 ± 0.12
Age group, (%)			
35-49	55	54	44
50-64	30	30	28
≥65	15	16	28
Women	50	49	53
Race/ethnicity			
Non-Hispanic white men	43	46	41
Non-Hispanic black men	41	44	46
Non-Hispanic white women	7	4	6
Non-Hispanic black women	9	5	7
Educational attainment			
<High school	32	27	33
High school graduate	10	6	11
Some college	32	29	28
≥ College	25	38	28
Marital status			
Married	58	66	61
Divorced/separated/widowed	26	19	23
Never married	16	15	15
Living in poverty	10	5	9
Class of worker			
Private wage	74	71	70
Government	18	19	19
Self employed	9	10	11
Occupation			
Professional/Management	19	25	19
Support services	44	47	47
Laborers	37	28	34
Health behaviors			
Smoking status			
Never	48	56	52
Current	24	25	28
Former	27	18	20
Alcohol consumption			
Never	15	15	20
Current	67	71	62
Former	18	14	18
Leisure-time physical			

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activity			
Never/unable	37	28	38
Low	32	37	31
High	31	34	31
Clinical characteristics			
BMI (kg/m ²)	28.7 ± 0.05	27.6 ± 0.04	27.6 ± 0.03
Overweight/Obese	70	64	63
Obese	34	26	27
Hypertension (yes)	35	28	36
Diabetes (yes)	10	7	11
General health status			
Excellent/Very Good	54	68	58
Good	28	24	27
Fair/Poor	18	8	15
Region of country			
Northeast	19	19	16
Midwest	28	29	26
South	38	35	39
West	15	18	18

Overweight/Obese defined by Body Mass Index ≥ 25 kg/m²; Obesity defined by Body Mass Index ≥ 30 kg/m²

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Supplementary Table 4. A Comparison of Sociodemographic, Health Behaviors and Clinical Characteristics by Diabetes and Sleep Duration among NHIS participants, 2004-2011 (N=130,943).

	Diabetes			No Diabetes		
	Sleep Duration			Sleep Duration		
	≤ 6	7	≥8	≤ 6	7	≥8
Sample size, N (%)	4,250 (32)	2,967 (23)	6,038 (45)	35,076 (30)	36,665 (32)	45,947 (38)
Age, year ± SE	58.1 ± 0.25	58.8 ± 0.30	63.7 ± 0.23	47.7 ± 0.10	48.3 ± 0.11	52.0 ± 0.12
Age group, (%)						
35-49	26	23	16	58	56	48
50-64	44	44	34	28	29	27
≥65	30	33	51	13	15	25
Women	51	47	48	50	49	54
Educational attainment						
<High school	37	37	37	32	27	32
High school graduate	18	11	20	10	6	10
Some college	30	28	26	33	29	28
≥ College	15	24	17	26	39	29
Marital status						
Married	55	64	60	58	66	61
Divorced/separated/widowed	34	27	32	25	19	22
Never married	11	9	8	17	15	16
Living in poverty	15	8	12	10	5	9
Class of worker						
Private wage	71	69	70	73	71	70
Government	21	22	21	17	19	19
Self employed	7	10	9	9	10	11
Occupation						
Professional/Management	14	19	15	20	25	20
Support services	42	44	42	44	47	48
Laborers	44	37	43	36	28	32

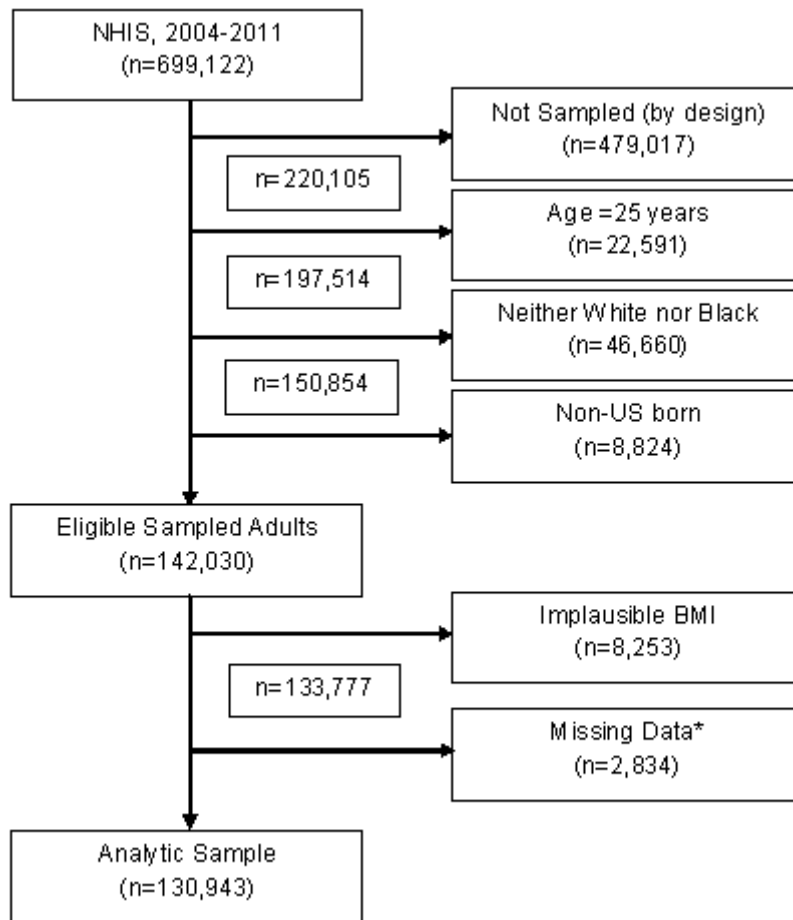
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Health behaviors						
Usual sleep (hours)	5.5 ± 0.01	7	8.7 ± 0.03	5.6 ± 0.00	7	8.4 ± 0.01
Smoking status						
Never	44	49	46	49	57	53
Current	35	35	39	23	24	27
Former	21	16	15	28	19	21
Alcohol consumption						
Never	24	22	27	15	14	19
Current	45	51	39	69	73	65
Former	31	26	34	17	13	16
Leisure-time physical activity						
Never/unable	52	39	54	35	27	37
Low	24	33	23	33	38	32
High	24	28	22	32	35	32
Clinical characteristics						
BMI (kg/m ²)	33.0 ± 0.16	31.9 ± 0.15	31.4 ± 0.11	28.2 ± 0.04	27.3 ± 0.04	27.2 ± 0.03
Overweight/Obese	87	86	83	68	63	61
Obese	61	54	51	31	24	24
Hypertension (yes)	73	68	73	30	26	31
General health status						
Excellent/Very Good	19	30	21	58	71	62
Good	34	43	38	28	23	26
Fair/Poor	47	28	41	14	6	12
Region of country						
Northeast	16	16	15	19	19	17
Midwest	28	30	27	28	29	26
South	44	39	43	38	35	39
West	13	15	15	16	18	19

Overweight/Obese defined by Body Mass Index ≥25 kg/m²; Obesity defined by Body Mass Index ≥30 kg/m²; SE=standard error

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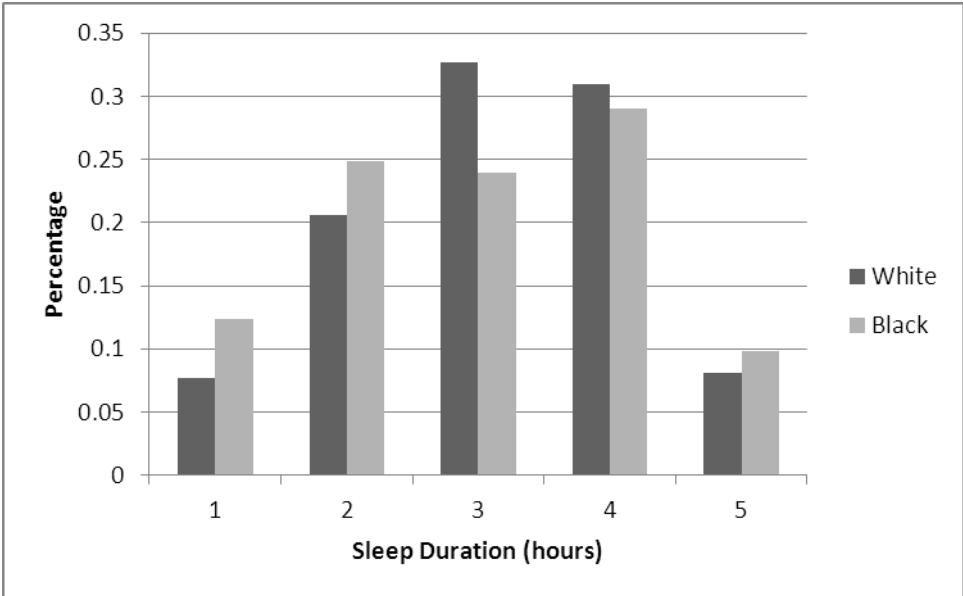
Supplementary Figure 1. Study Flow Diagram.



NHIS=National Health Interview Survey; NH=Non-Hispanic; BMI=body mass index;
*Missing data on sleep and diabetes status

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Supplementary Figure 2. Usual Sleep Duration among Blacks and Whites.



*weighted estimates