

**Supplemental Table 1. Association of Sleep Curtailment Score with Markers of Cardio-Metabolic Health ( $n = 652$ )<sup>†</sup>**

<sup>1</sup> All analyses use linear regression other than IL6 and CRP. Model 1 is adjusted only for child age and sex. Model 2 is additionally adjusted for maternal education, pre-pregnancy BMI, age at enrollment and nullparity; household income; and child race/ethnicity. Model 3 is further adjusted for child BMI z-score at mid-childhood.

<sup>2</sup> IL6 and CRP were log-transformed outcomes to achieve normality of residuals, then back-transformed (exponentiated) for interpretability.

<sup>†</sup> The range of the total sleep score is 0-13, where 0 indicates the maximal sleep curtailment and 13 indicates never having curtailed sleep.

**Supplemental Table 1. Association of Sleep Curtailment Score with Markers of Cardio-Metabolic Health (*n* = 652)†**

<u>Sleep Curtailment Score</u>	<b>0 to 4</b> <i>5.1%</i>	<b>5 to 7</b> <i>13.9%</i>	<b>8 to 9</b> <i>14.1%</i>	<b>10 to 11</b> <i>28.7%</i>	<b>12 to 13</b> <i>38.30%</i>	<i>Continuous Score</i>
<i>Cardio-Metabolic Markers</i>						
<b>Fasting insulin, uU/mL</b>	<b>Mean Difference (95% Confidence Interval)</b>					
Model 1. Child age & sex	<b>3.19 (0.74, 5.64)</b>	<b>1.61 (0.04, 3.17)</b>	1.28 (-0.30, 2.87)	0.74 (-0.45, 1.94)	0.0 (ref)	<b>-0.32 (-0.49, -0.14)</b>
Model 2. Model 1 + SES	1.98 (-0.64, 4.60)	0.97 (-0.72, 2.66)	0.63 (-0.98, 2.23)	0.51 (-0.67, 1.69)	0.0 (ref)	<b>-0.21 (-0.41, -0.003)</b>
Model 3. Model 2 + BMI	0.77 (-1.66, 3.19)	0.31 (-1.30, 1.93)	0.16 (-1.34, 1.66)	0.30 (-0.81, 1.41)	0.0 (ref)	-0.08 (-0.27, 0.11)
<b>Fasting glucose, mg/dL</b>						
Model 1. Child age & sex	3.96 (-2.71, 10.63)	3.19 (-0.71, 7.09)	3.94 (-0.06, 7.95)	2.62 (-0.60, 5.84)	0.0 (ref)	<b>-0.52 (-0.99, -0.06)</b>
Model 2. Model 1 + SES	3.16 (-4.01, 10.32)	3.00 (-1.25, 7.24)	4.07 (-0.09, 8.24)	2.62 (-0.61, 5.85)	0.0 (ref)	-0.49 (-1.02, 0.04)
Model 3. Model 2 + BMI	2.72 (-4.45, 9.89)	2.76 (-1.50, 7.02)	3.90 (-0.26, 8.07)	2.55 (-0.66, 5.76)	0.0 (ref)	-0.45 (-0.98, 0.09)
<b>Total cholesterol, mg/dL</b>						
Model 1. Child age & sex	-0.41 (-12.30, 11.47)	-0.27 (-8.09, 7.56)	0.22 (-7.65, 8.10)	-1.02 (-6.76, 4.73)	0.0 (ref)	0.04 (-0.83, 0.90)
Model 2. Model 1 + SES	0.75 (-11.86, 13.35)	0.56 (-7.89, 9.02)	1.08 (-7.11, 9.28)	-0.95 (-6.73, 4.83)	0.0 (ref)	-0.09 (-1.09, 0.91)
Model 3. Model 2 + BMI	-0.14 (-12.81, 12.52)	0.08 (-8.42, 8.57)	0.74 (-7.51, 8.99)	-1.10 (-6.89, 4.69)	0.0 (ref)	0.00 (-1.01, 1.02)
<b>Diastolic blood pressure, mm/Hg</b>						
Model 1. Child age & sex	-0.37 (-2.77, 2.03)	-0.24 (-1.77, 1.28)	-0.74 (-2.22, 0.75)	-0.75 (-1.93, 0.43)	0.0 (ref)	0.04 (-0.13, 0.20)
Model 2. Model 1 + SES	-0.57 (-3.04, 1.90)	-0.47 (-2.06, 1.12)	-1.29 (-2.79, 0.21)	-0.95 (-2.12, 0.22)	0.0 (ref)	0.07 (-0.11, 0.26)
Model 3. Model 2 + BMI	-0.70 (-3.19, 1.78)	-0.54 (-2.14, 1.06)	-1.34 (-2.85, 0.17)	-0.97 (-2.14, 0.19)	0.0 (ref)	0.08 (-0.10, 0.27)
<b>Adiponectin, ug/mL</b>						
Model 1. Child age & sex	-1.14 (-4.94, 2.67)	-1.33 (-3.69, 1.02)	0.03 (-2.43, 2.50)	-0.72 (-2.65, 1.22)	0.0 (ref)	0.12 (-0.14, 0.38)
Model 2. Model 1 + SES	-0.83 (-4.96, 3.30)	-1.01 (-3.50, 1.49)	0.48 (-2.13, 3.10)	-0.56 (-2.50, 1.38)	0.0 (ref)	0.07 (-0.23, 0.38)
Model 3. Model 2 + BMI	-0.37 (-4.51, 3.77)	-0.76 (-3.26, 1.74)	0.66 (-1.96, 3.28)	-0.48 (-2.41, 1.44)	0.0 (ref)	0.03 (-0.28, 0.33)
<b>TNF-<math>\alpha</math>, pg/mL</b>						
Model 1. Child age & sex	-3 (-259, 253)	9 (-146, 165)	-91 (-248, 66)	-38 (-162, 85)	0.0 (ref)	2 (-16, 20)
Model 2. Model 1 + SES	106 (-169, 380)	87 (-81, 254)	-44 (-207, 119)	-21 (-145, 104)	0.0 (ref)	-10 (-301, 11)
Model 3. Model 2 + BMI	72 (-205, 349)	69 (-99, 236)	-57 (-220, 106)	-26 (-150, 98)	0.0 (ref)	-7 (-27, 14)
<b>IL6, pg/mL</b>	<b>Relative change (95% CI)<sup>2</sup></b>					<i>Continuous Score</i>
Model 1. Child age & sex	1.37 (0.96, 1.95)	1.07 (0.85, 1.34)	0.94 (0.74, 1.19)	0.95 (0.80, 1.14)	1.0 (ref)	0.98 (0.96, 1.01)
Model 2. Model 1 + SES	1.30 (0.89, 1.88)	1.04 (0.82, 1.33)	0.90 (0.71, 1.15)	0.94 (0.79, 1.12)	1.0 (ref)	0.99 (0.96, 1.02)
Model 3. Model 2 + BMI	1.27 (0.87, 1.84)	1.03 (0.81, 1.32)	0.90 (0.70, 1.15)	0.94 (0.78, 1.12)	1.0 (ref)	0.99 (0.96, 1.02)
<b>hsCRP, mg/L</b>						
Model 1. Child age & sex	2.43 (1.22, 4.82)	1.55 (0.99, 2.43)	1.53 (0.96, 2.44)	1.40 (1.00, 1.95)	1.0 (ref)	<b>0.92 (0.87, 0.96)</b>

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Model 2. Model 1 + SES	1.82 (0.88, 3.74)	1.28 (0.80, 2.04)	1.23 (0.76, 1.99)	1.29 (0.92, 1.80)	1.0 (ref)	0.95 (0.89, 1.00)
Model 3. Model 2 + BMI	1.33 (0.66, 2.70)	1.08 (0.69, 1.68)	1.09 (0.69, 1.72)	1.22 (0.89, 1.69)	1.0 (ref)	0.98 (0.92, 1.03)

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