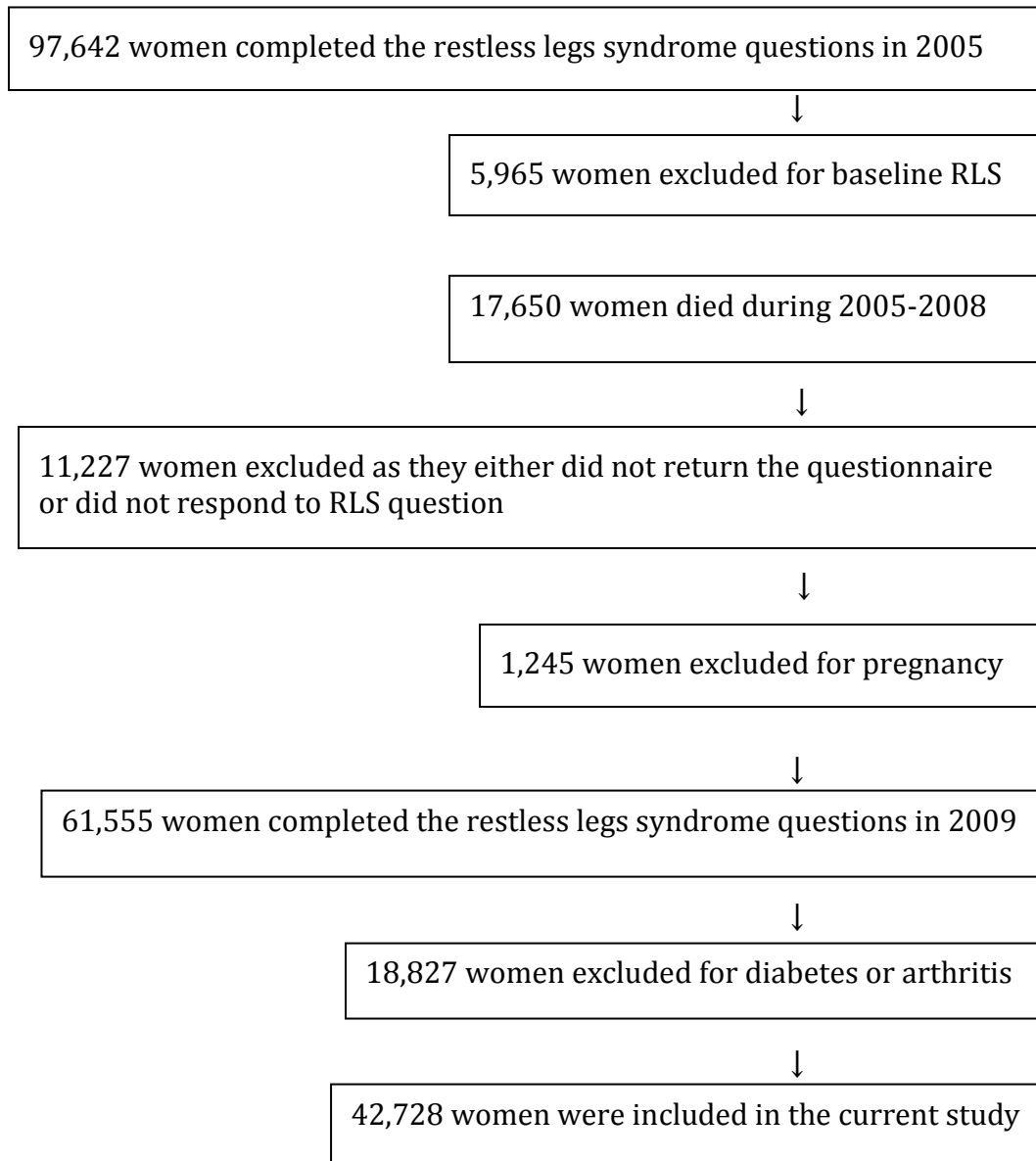


## Appendix 1A: Description of Final sample of NHS



## Appendix 1B: Description of Final sample of HPFS

31,729 men completed the restless legs syndrome questions in 2002



1,675 men excluded for baseline RLS



3278 men died during 2002-2008



8,512 men either did not return the questionnaire or did not respond to RLS question



8,730 men with diabetes and arthritis up to 2008 were excluded in the current study



12,812 men were included in the final sample

## Appendix 2. Odds ratios for developing restless legs syndrome, including participants with diabetes and arthritis<sup>a</sup>

<b>Body mass index (kg/m<sup>2</sup>)</b>			<b>23-24.9</b>	<b>25-26.9</b>	<b>27-29.9</b>	<b>&gt;30</b>	<b>p for trend</b>
Women	1		1.24 (1.1-1.4)	1.2 (0.99-1.38)	1.35 (1.2-1.6)	1.45 (1.3-1.7)	<0.0001
Men			1.02 (0.8-1.3)	1.17 (0.92 -1.5)	1.29 (1.0-1.6)	1.32 (1.01-1.64)	0.005
<b>Physical activity (quintiles)</b>			<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
Women	1		0.99 (0.86-1.1)	0.92 (0.8-1.1)	0.85 (0.7-0.9)	0.88 (0.7-1.0)	0.24
Men			1.04 (0.83 – 1.3)	1.1 (0.88-1.4)	0.96 (0.76-1.2)	1.0 (0.8-1.3)	0.79
<b>Caffeine intake (quintiles)</b>			<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
Women	1		1.0 (0.86-1.2)	1.1 (0.89 -1.2)	1.0 (0.86-1.2)	1.1 (0.93-1.3)	0.52
Men			0.99 (0.8-1.2)	1.05 (0.8-1.3)	1.02 (0.8-1.3)	1.1 (0.9-1.4)	0.51
<b>Alcohol intake (g)</b>			<b>&lt;10</b>	<b>10-19.9</b>	<b>20-29.9</b>	<b>&gt;30</b>	
Women	1		0.96 (0.85-1.1)	0.86 (0.71-1.0)	0.94 (0.66-1.3)	0.75 (0.5-1.0)	0.03
Men			0.98 (0.8-1.2)	0.85 (0.69-1.1)	0.74 (0.5-0.9)	0.75 (0.58-0.96)	0.004
<b>AHEI (quintiles)<sup>b</sup></b>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
Women	0		0.96 (0.82-1.1)	0.96 (0.82-1.1)	0.97 (0.82-1.1)	0.93 (0.77-1.1)	0.49
Men			0.95 (0.77-1.2)	1.1 (0.87-1.3)	0.87 (0.69-1.1)	0.85 (0.67-1.1)	0.11
<b>Smoking</b>		<b>Never</b>	<b>past</b>	<b>Curr 1-14</b>	<b>curr &gt;15</b>		
Women			1.2 (1.0-1.3)	0.99 (0.78-1.3)	1.3 (1.1-1.7)		0.0005
Men			1.1 (0.9-1.3)	1.1 (0.67-1.9)	1.0 (0.59-1.9)		0.14

<sup>a</sup> Adjusted for race (white/other), the Crown-Crisp anxiety score, antidepressant medication (Y/N), use of iron specific supplement (Y/N) at baseline (yes/no), and menopausal status (Y/N, for women only) as well as chronic illnesses (hypertension, h/o myocardial infarction or stroke).

<sup>b</sup> Alternate Healthy Eating Index (AHEI): Eight of the nine components of AHEI were included (higher intake of vegetables, fruits, nuts, soy, and cereal fiber, high ratio of white meat to red meat, polyunsaturated to saturated fat, low intake of trans-fat, and multivitamin use of over 5 y).

**Appendix 3. Odds ratios for developing restless legs syndrome according to lifestyle factors (4- to 6-y lag analysis)**

<b>Body mass index (kg/m<sup>2</sup>)</b>		<b>23-24.9</b>	<b>25-26.9</b>	<b>27-29.9</b>	<b>&gt;30</b>	<b>p for trend</b>
<b>Women Full model<sup>a</sup>(2005)</b>	1	1.23 (1.03-1.47)	1.12 (0.91-1.38)	1.66 (1.37-2.01)	1.64 (1.37-1.96)	<0.0001
(1999)		1.24 (1.1-1.5)	1.24 (1.0-1.5)	1.64 (1.4-1.9)	1.62 (1.4-1.9)	<0.0001
<b>Men Full model<sup>a</sup>(2002)</b>	1	1.02 (0.72-1.43)	1.41 (1.0-1.97)	1.54 (1.1-2.2)	1.46 (0.96-2.2)	0.005
(1998)		1.0 (0.8-1.3)	1.24 (0.97-1.6)	1.41 (1.1-1.8)	1.41 (1.1-1.9)	
<b>Activity (quintiles)</b>	1	2	3	4	5	
<b>Women Full model<sup>a</sup>(2005)</b>	1	0.99 (0.83-1.2)	0.86 (0.71-1.04)	0.88 (0.72-1.06)	0.82 (0.67-1.01)	0.04
(1997)		1.1 (0.9-1.3)	0.9 (0.8-1.2)	1.0 (0.8-1.2)	0.9 (0.8 -1.2)	0.26
<b>Men Full model<sup>a</sup>(2002)</b>	1	0.83 (0.62-1.1)	0.74 (0.55-1.01)	0.69 (0.5-0.95)	0.91 (0.67-1.2)	0.79
(1998)		0.9 (0.8-1.2)	0.85 (0.7-1.1)	1.13 (0.9-1.4)	0.98 (0.78-1.24)	
<b>Caffeine intake (quintiles)</b>	1	2	3	4	5	
<b>Women Full model<sup>a</sup>(2005)</b>	1	1.01 (0.82-1.25)	1.18 (0.96-1.45)	0.99 (0.79-1.23)	1.04 (0.84-1.29)	0.84
(1997)		0.96 (0.8-1.2)	0.85 (0.7-1.0)	0.9 (0.8-1.1)	0.99 (0.8-1.2)	0.97
<b>Men Full model<sup>a</sup>(2002)</b>	1	0.87 (0.63-1.2)	0.91 (0.67-1.25)	0.84 (0.61-1.2)	1.0 (0.73-1.4)	0.99
(1998)		1.2 (0.9-1.5)	0.99 (0.78-1.3)	0.99 (0.78-1.3)	1.1 (0.87-1.4)	0.93
<b>Alcohol intake (g)</b>	0	<10	10-19.9	20-29.9	>30	
<b>Women Full model<sup>a</sup>(2003)</b>	1	0.99 (0.85-1.17)	0.82 (0.63-1.1)	1.02 (0.67-1.55)	0.76 (0.50-1.16)	0.08
(1999)		0.98 (0.86-1.1)	1.1 (0.8-1.3)	1.2 (0.83-1.9)	0.99 (0.62-1.6)	0.43
<b>Men Full model<sup>a</sup>(2002)</b>	1	0.83 (0.63-1.1)	0.86 (0.64-1.2)	0.90 (0.60-1.3)	0.73 (0.51-1.1)	0.24
(1998)		0.87 (0.71-1.1)	0.83 (0.6-1.0)	0.88 (0.6-1.2)	0.76 (0.57-1.0)	
<b>AHEI (quintiles)<sup>b</sup></b>	0	1	2	3	4	
<b>Women Full model<sup>a</sup>(2003)</b>		0.97 (0.79-1.19)	0.96 (0.77-1.19)	1.09 (0.88-1.36)	1.05 (0.83-1.34)	0.49
(1999)		0.95 (0.8-1.1)	0.8 (0.7-0.97)	0.85 (0.7-1.10)	0.75 (0.62 -0.92)	0.004
<b>Men Full model<sup>a</sup>(2002)</b>		1.1 (0.77-1.4)	0.97 (0.71-1.3)	0.98 (0.71-1.1)	0.90 (0.64-1.2)	0.50
(1998)		0.88 (0.7-1.1)	0.98 (0.79-1.23)	0.74 (0.59-0.95)	0.82 (0.6-1.0)	
<b>Smoking</b>	Never	Past	Curr 1-14	Curr >15		
<b>Women Full model<sup>a</sup>(2005)</b>		1.20 (1.05-1.38)	1.07 (0.78-1.46)	1.21 (0.88-1.7)		0.03
(1999)		1.22 (0.9-1.5)	1.27 (0.9-1.7)	0.85 (0.3-2.3)		0.04
<b>Men Full model<sup>a</sup>(2002)</b>		1.02 (0.83-1.26)	1.09 (0.50-2.4)	0.93 (0.40-2.1)		0.88
(1998)		1.2 (0.99-1.4)	1.3 (1.0-1.6)	1.3 (0.95-1.7)		0.006

<sup>a</sup> Full model adjusted for race (white/other), the Crown-Crisp anxiety score, antidepressant medication (Y/N), use of iron specific supplement (Y/N) at baseline (yes/no), and menopausal status (Y/N, for women only) as well as chronic illnesses (hypertension, h/o myocardial infarction or stroke). <sup>b</sup> Alternate Healthy Eating Index (AHEI): Eight of the nine components of AHEI were included (higher intake of vegetables, fruits, nuts, soy, and cereal fiber, high ratio of white meat to red meat, polyunsaturated to saturated fat, low intake of trans-fat, and multivitamin use of over 5 y.