

Web Table 1. Characteristics of the Sueño Sample Compared With the HCHS/SOL Cohort, 2010–2013*

Characteristic (Measured at Baseline HCHS/SOL Visit)	HCHS/SOL (<i>n</i> = 16,415)	Sueño (<i>n</i> = 2,086)
Age, years; mean (SD)	45.9 (13.9)	45.0 (11.5)
Women; no. (%)	9835 (60)	1351 (65)
Self-reported sleep duration, hours/day; mean (SD)	7.93 (1.42)	7.82 (1.40)
Body mass index, kg/m ² ; mean (SD)	29.8 (6.1)	29.9 (6.1)
10-Item Center for Epidemiologic Studies Depression Scale; mean score (SD)	7.3 (6.1)	7.23 (6.16)
Apnea-hypopnea index; median score (interquartile range)	1.9 (6.0)	1.7 (5.2)
Epworth Sleepiness Scale; mean score (SD)	5.7 (4.8)	5.7 (4.9)
Educational attainment; no. (%)		
Less than high school	6207 (38)	664 (32)
High school graduate	4180 (26)	540 (26)
More than high school	5937 (36)	879 (42)
Annual household income; no. (%)		
<\$30,000	10516 (64)	1401 (67)
≥\$30,000	4877 (30)	5923 (28)
Did not report	1022 (6)	93 (4)
Employment status; no. (%)		
Employed, non-shift worker	6640 (41)	874 (42)
Shift worker	1516 (9)	186 (9)
Unemployed	7953 (49)	1012 (49)
Ethnic heritage; no. (%)		
Cuban	2348 (14)	376 (18)
Dominican	1473 (9)	261 (13)
Mexican	6472 (40)	561 (27)
Puerto Rican	2728 (17)	428 (21)
Central American	1732 (11)	284 (14)
South American	1072 (7)	176 (8)
Other/more than one heritage	503 (3)	
US nativity status		
Born in mainland US	2863 (18)	343 (17)
Born outside, lived in US ≥10 years	9626 (59)	1197 (58)
Born outside, lived in US <10 years	3805 (23)	539 (26)
English language preference at baseline interview; no. (%)	3296 (20)	424 (20)
Current drinker; no. (%)	7750 (47)	937 (45)
Current smoker; no. (%)	3166 (19)	402 (19)
Physical activity status		
High	1771 (11)	184 (9)
Moderate	7203 (44)	919 (44)
Low	7301 (45)	979 (47)

Abbreviations: HCHS/SOL, Hispanic Community Health Study/Study of Latinos; SD, standard deviation; US, United States.

* Participants with apnea-hypopnea index ≥50 or age ≥65 years were not eligible to participate in Sueño.

Web Table 2. Actigraphy-Assessed Sleep Predicted by Self-Reported Sleep and Participant Characteristics in Sueño, 2010–2013 ($n = 2,086$)^{Y,¥}

Characteristic	Time Spent Asleep (min/day) ¹		Time Spent in Bed (min/day) ²	
	Partial R^2	β (SE)	Partial R^2	β (SE)
Intercept	—	428.99 (4.99)	—	473.16 (5.59)
Self-reported sleep centered at 480 min/day	0.18	0.33 (0.02)*	0.23	0.40 (0.02)*
Male sex	0.02	-11.03 (2.56)*	0	-6.83 (2.87)*
Age 18–44 years	0	-3.33 (2.60)	0	-1.96 (2.92)
Body mass index category				
Overweight	0	-2.55 (3.16)	0	-2.98 (3.54)
Obese I (30–<35)	0	-2.74 (3.49)	0	-3.69 (3.91)
Obese II (35–<40)	0	-10.94 (4.24)*	0	-12.31 (4.75)*
Obese III (≥ 40)	0	-13.57 (5.25)*	0	-15.40 (5.89)*
Insomnia Severity Index				
Subthreshold insomnia	0	10.16 (2.88)*	0	12.91 (3.22)*
Moderate insomnia	0	5.36 (3.86)	0	10.60 (4.32)*
Severe insomnia	0	21.55 (6.12)*	0.01	30 (6.86)*
Apnea-hypopnea index score ³				
>5–<15 (mild sleep apnea)	0	-5.80 (3.04)	0	-4.89 (3.41)
>15 (moderate or more severe sleep apnea)	0	-2.18 (4.22)	0	2.60 (4.73)
Epworth Sleepiness Scale score ≥ 10	0.02	-17.29 (2.97)*	0.01	-19.28 (3.33)*
Sleep efficiency <85%	0.08	-35.69 (2.45)*	0	7.59 (2.74)*
Sleep medication use ≥ 1 –2 times/week	0	11 (3.48)*	0	11.68 (3.90)*
Employment status				
Shift worker	0	-8.68 (3.50)*	0	-10.06 (3.92)*
Unemployed	0	7.35 (2.61)*	0	10.21 (2.93)*
Educational attainment ³				
Less than high school or GED	0	2.76 (2.76)	0	3.18 (3.10)
At least high school or GED	0	2.07 (2.81)	0	3.07 (3.15)
Ethnic background				
Cuban	0	-4.94 (3.77)	0	-3.51 (4.23)
Dominican	0	-2.31 (3.92)	0	-0.14 (4.39)
Puerto Rican	0	-5.04 (3.75)	0	-2.40 (4.20)
Central American	0	-7.84 (3.84)*	0	-6.34 (4.30)
South American	0	-9.50 (4.57)*	0	-8.30 (5.12)
US-born status ³				
Born in mainland US	0	-1.01 (4.67)	0	0.02 (5.24)
Born outside US, lived in US ≥ 10 years	0	3.02 (2.90)	0	3.99 (3.25)
English language preference ³	0	0.11 (3.78)	0	1.24 (4.24)
Depression symptoms, CES-D-10 score ≥ 10	0	1.83 (2.79)	0	2.55 (3.13)
Caffeinated beverage intake ≥ 3 cups/day	0	-0.72 (2.42)	0	-0.75 (2.71)
Current smoker	0	-8.47 (3.07)*	0	-7.95 (3.44)*
Current drinker	0	-5.74 (2.43)*	0	-5.23 (2.73)

(Table continues)

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Characteristic	Time Spent Asleep (min/day) ¹		Time Spent in Bed (min/day) ²	
	Partial R^2	β (SE)	Partial R^2	β (SE)
Physical activity level ³				
High	0	4.09 (4.28)	0	5.20 (4.80)
Moderate	0	1.49 (2.38)	0	1.88 (2.67)
Full model R^2	0.32		0.30	
Root mean squared error	50.75		56.88	

Abbreviations: AHI, apnea-hypopnea index; CES-D-10, 10-item Center for Epidemiologic Studies Depression Scale; ESS, Epworth Sleepiness Scale; GED, General Educational Development; SE, standard error; US, United States.

* Asterisks indicates statistically significant predictors of actigraphy-assessed sleep time at the $P < 0.05$ level.

^Y Each column (time asleep and time in bed) represents a separate statistical model, adjusted for all variables in the column.

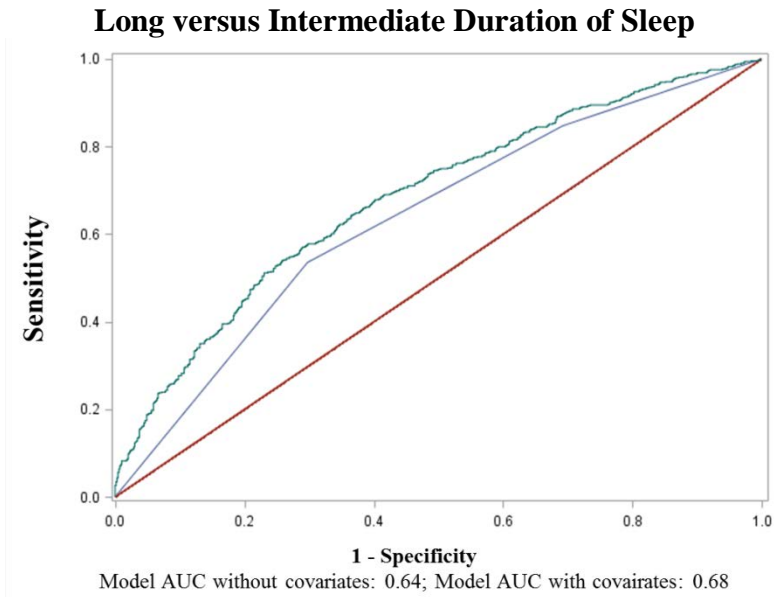
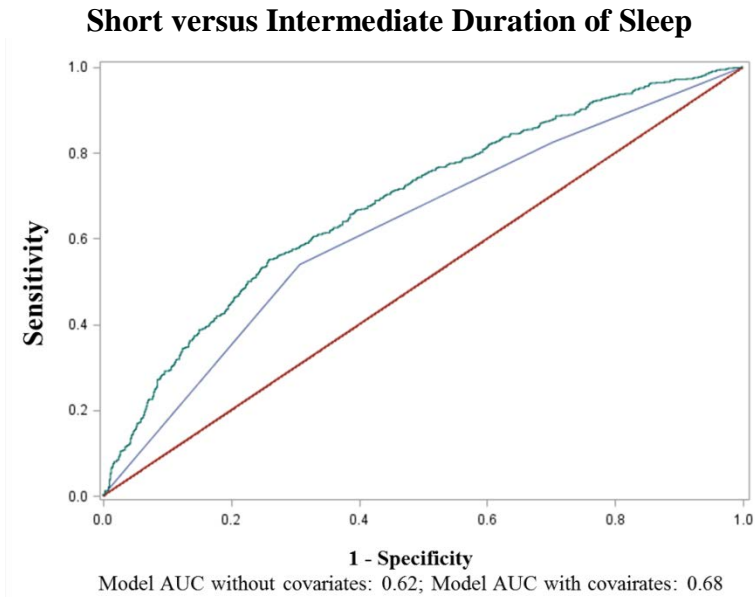
[¥] Reference categories are: female sex; age 18–44 years; normal or underweight; no clinical insomnia; AHI 0–5, no sleep apnea; ESS score <10; sleep medication use <1–2 times/week; employed non-shift worker; \geq GED or high school; Mexican; born outside US, lived in US <10 years; Spanish language preference; CES-D-10 score <10, no clinical depressive symptoms; <3 cups/day caffeinated beverages; current nonsmoker; current nondrinker; and low physical activity level.

¹ “Time asleep” indicates that the time spent asleep during the main rest period is the actigraphy-assessed outcome for the model.

² “Time in bed” indicates that total duration of the main rest period is the actigraphy-assessed outcome for the model.

³ Variable was measured at baseline study visit rather than at the Sueño ancillary study visit.

Web Figure 1. Prediction of Tertiles of Actigraphy-Assessed Sleep Duration Given Tertiles of Self-Reported Sleep Duration in Sueño, 2010–2013: ROC Curves With/Without Covariate Adjustment



Abbreviations: AUC, area under the ROC curve; ROC, receiver operating characteristic.