

Table S1 Odds ratios (95% confidence interval) of very short, short and long sleep duration (versus normal) and mean differences (95% confidence interval) in sleep duration associated with psychosocial stress in the subsample with depressive symptoms data, The Jackson Heart Study, 2000-2004

	Model 1 ^a				Model 2 ^a				Model 3 ^a			
	OR of very short sleep	OR of short sleep	OR of long sleep	Mean difference in min of sleep	OR of very short sleep	OR of short sleep	OR of long sleep	Mean difference in min of sleep	OR of very short sleep	OR of short sleep	OR of long sleep	Mean difference in min of sleep
GPSS												
Q1	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF
Q2	1.06 (0.67, 1.66)	1.41 (1.11, 1.79) ^a	0.88 (0.54, 1.43)	-11.0 (-20.6, -1.4) ^a	0.91 (0.57, 1.46)	1.37 (1.07, 1.76) ^a	0.92 (0.55, 1.54)	-7.3 (-17.2, 2.6)	0.82 (0.51, 1.32)	1.32 (1.03, 1.70) ^b	0.87 (0.52, 1.45)	-5.2 (-15.0, 4.7)
Q3	1.20 (0.74, 1.95)	1.54 (1.19, 1.99) ^a	0.87 (0.50, 1.50)	-19.0 (-29.4, -8.6) ^a	1.16 (0.70, 1.90)	1.52 (1.16, 2.00) ^a	0.87 (0.48, 1.56)	-18.0 (-28.7, -7.2) ^a	0.94 (0.56, 1.56)	1.43 (1.09, 1.87) ^a	0.75 (0.42, 1.36)	-13.9 (-24.7, -3.1) ^a
Q4	2.80 (1.84, 4.26) ^a	2.05 (1.59, 2.64) ^a	0.89 (0.52, 1.52)	-38.3 (-48.2, -28.4) ^a	2.52 (1.63, 3.90) ^a	1.94 (1.49, 2.53) ^a	0.94 (0.53, 1.65)	-33.9 (-44.1, -23.6) ^a	1.63 (1.03, 1.87) ^b	1.70 (1.29, 2.24) ^a	0.72 (0.40, 1.30)	-25.2 (-35.8, -14.6) ^a
P-trend	<0.01	<0.01	0.67	<0.01	<0.01	<0.01	0.76	<0.01	0.01	<0.01	0.24	<0.01
MLE												
Q1	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF
Q2	1.54 (1.02, 2.34) ^b	1.20 (0.96, 1.49) ^c	0.63 (0.38, 1.03) ^c	-14.4 (-23.2, -5.6) ^a	1.74 (1.12, 2.70) ^a	1.18 (0.94, 1.49)	0.61 (0.36, 1.03) ^c	-15.8 (-24.9, -6.7) ^a	1.71 (1.09, 2.66)	1.18 (0.94, 1.48) ^c	0.61 (0.36, 1.02) ^c	-15.2 (-24.2, -6.2) ^a
Q3	1.74 (1.14, 2.67) ^a	1.27 (1.01, 1.59) ^b	0.75 (0.45, 1.24)	-18.6 (-27.8, -9.4) ^a	1.78 (1.13, 2.81) ^a	1.28 (1.01, 1.62) ^b	0.72 (0.42, 1.22)	-18.6 (-28.0, -9.1) ^a	1.65 (1.04, 2.61)	1.24 (0.98, 1.57) ^b	0.69 (0.40, 1.17)	-16.5 (-25.9, -7.2) ^a
Q4	3.51 (2.24, 5.50) ^a	1.72 (1.31, 2.27) ^a	1.50 (0.89, 2.53)	-28.1 (-38.8, -17.5) ^a	3.69 (2.30, 5.91) ^a	1.57 (1.18, 2.10) ^a	1.41 (0.82, 2.43)	-28.4 (-39.4, -17.4) ^a	3.01 (1.86, 4.87)	1.46 (1.09, 1.95) ^a	1.28 (0.74, 2.22)	-23.2 (-34.1, -12.2) ^a
P-trend	<0.01	<0.01	0.30	<0.01	<0.01	<0.01	0.44	<0.01	<0.01	<0.01	0.64	<0.01
WSI												
Q1	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF	REF
Q2	1.14 (0.71, 1.84)	1.27 (1.00, 1.61) ^b	1.24 (0.74, 2.07)	-6.9 (-16.5, 2.8)	1.09 (0.66, 1.81)	1.25 (0.97, 1.60) ^c	1.38 (0.80, 2.39)	-5.3 (-15.3, 4.6)	0.99 (0.60, 1.65)	1.21 (0.94, 1.55)	1.31 (0.75, 2.26)	-3.3 (-13.3, 6.6)
Q3	1.99 (1.28, 3.11) ^a	1.59 (1.25, 2.02) ^a	1.22 (0.71, 2.08)	-20.8 (-30.5, -11.1) ^a	2.04 (1.27, 3.25) ^a	1.57 (1.22, 2.02) ^a	1.27 (0.71, 2.28)	-20.2 (-30.2, -10.1) ^a	1.54 (0.96, 2.50) ^c	1.43 (1.10, 1.85) ^a	1.07 (0.59, 1.95)	-14.1 (-24.4, -3.8) ^a
Q4	3.40 (2.21, 5.25) ^a	1.83 (1.42, 2.37) ^a	1.51 (0.87, 2.60)	-32.2 (-42.3, -22.1) ^a	3.62 (2.30, 5.69) ^a	1.76 (1.35, 2.29) ^a	1.79 (1.01, 3.18) ^b	-30.6 (-41.0, -20.2) ^a	2.06 (1.25, 3.40) ^a	1.45 (1.09, 1.94) ^a	1.27 (0.67, 2.40)	-18.2 (-29.6, -6.9) ^a
P-trend	<0.01	<0.01	0.17	<0.01	<0.01	<0.01	0.08	<0.01	<0.01	<0.01	0.60	<0.01

^aP<0.01, ^bP<0.05, ^cP<0.10; Model 1 adjusted for age, sex, education, income; Model 2 adjusted for Model 1 + physical activity, body mass index, diabetes, and hypertension; Model 3 adjusted for Model 2 + depressive symptoms.

^{*}Sample size GPSS/MLE = 2,555; WSI = 2,734, ⁺Sample size GPSS/MLE = 2,374; WSI = 2,531.

GPSS = Global Perceived Stress Scale; MLE = Major Life Events; OR = odds ratio; WSI = Weekly Stress Inventory.

Table S2 Adjusted mean differences in sleep quality scores associated with psychosocial stress in the subsample with depressive symptoms data, The Jackson Heart Study, 2000-2004

	Mean difference in sleep quality		
	Model 1 [*] Mean difference (95% CI)	Model 2 ⁺ Mean difference (95% CI)	Model 3 [^] Mean difference (95% CI)
GPSS			
Q1	REF	REF	REF
Q2	-0.19 (-0.31, -0.07) ^a	-0.19 (-0.31, -0.07) ^a	-0.13 (-0.25, -0.02) ^b
Q3	-0.46 (-0.58, -0.33) ^a	-0.46 (-0.59, -0.33) ^a	-0.35 (-0.48, -0.22) ^a
Q4	-0.73 (-0.86, -0.61) ^a	-0.74 (-0.87, -0.61) ^a	-0.51 (-0.64, -0.38) ^a
P-trend	<0.01	<0.01	<0.01
MLE			
Q1	REF	REF	REF
Q2	-0.12 (-0.23, -0.01) ^b	-0.13 (-0.25, -0.02) ^b	-0.12 (-0.23, -0.01) ^b
Q3	-0.21 (-0.32, -0.09) ^a	-0.24 (-0.35, -0.12) ^a	-0.18 (-0.30, -0.07) ^a
Q4	-0.48 (-0.61, -0.35) ^a	-0.49 (-0.62, -0.35) ^a	-0.35 (-0.49, -0.22) ^a
P-trend	<0.01	<0.01	<0.01
WSI			
Q1	REF	REF	REF
Q2	-0.11 (-0.23, 0.01) ^c	-0.09 (-0.22, 0.03)	-0.03 (-0.16, 0.08)
Q3	-0.31 (-0.43, -0.19) ^a	-0.32 (-0.44, -0.19) ^a	-0.14 (-0.26, -0.01) ^b
Q4	-0.53 (-0.65, -0.40) ^a	-0.53 (-0.66, -0.40) ^a	-0.16 (-0.30, -0.02) ^b
P-trend	<0.01	<0.01	<0.01

^aP_≤0.01, ^bP_≤0.05, ^cP_≤0.10.

Model 1 adjusted for age, sex, education, income.

Model 2 adjusted for Model 1+ physical activity, body mass index, diabetes, and hypertension.

Model 3 adjusted for Model 2 + depressive symptoms.

*Sample size GPSS/MLE = 2,555; WSI = 2,483.

⁺Sample size GPSS/MLE = 2,374; WSI = 2,310.

CI = confidence interval; GPSS = Global Perceived Stress Scale; MLE = Major Life Events; WSI = Weekly Stress Inventory.