

Table S1—HRs for short sleep duration, complete cases only, in the SDPI-DP

	n	≤ 6 hours sleep/night
		HR (95% CI)
Model 0: sleep	1,200	1.84 (1.21-2.80)
Model 1: sleep + age + sex	1,200	1.83 (1.20-2.78)
Model 2: model 1 + socioeconomic characteristics	1,200	1.86 (1.21-2.83)
Model 3: model 2 + health behaviors	1,200	1.85 (1.21-2.83)
Model 4: model 3 + health status	1,200	1.68 (1.09-2.58)
Model 5: model 4 + BMI	1,200	1.61 (1.05-2.48)
Model 6: model 5 + % weight loss post-curriculum	1,200	1.39 (0.90-2.16)

Table S2—HRs, by reported sleep duration, with 6-8 hours as reference, in the SDPI-DP

	≤ 5 hours sleep/night	6-8 hours sleep/night	≥ 9 hours sleep/night
	HR (95% CI)	HR (95% CI)	HR (95% CI)
Model 0: sleep	1.47 (0.96-2.25)	1.00 (ref)	1.12 (0.60-2.07)
Model 1: sleep + age + sex	1.46 (0.96-2.24)	1.00 (ref)	1.14 (0.61-2.11)
Model 2: model 1 + socioeconomic characteristics*	1.42 (0.92-2.18)	1.00 (ref)	1.14 (0.61-2.11)
Model 3: model 2 + health behaviors^	1.43 (0.92-2.20)	1.00 (ref)	1.10 (0.59-2.06)
Model 4: model 3 + health status†	1.33 (0.86-2.07)	1.00 (ref)	1.10 (0.59-2.05)
Model 5: model 4 + BMI	1.27 (0.82-1.97)	1.00 (ref)	1.11 (0.60-2.07)
Model 6: model 5 + % weight loss post-curriculum	1.21 (0.76-1.92)	1.00 (ref)	1.06 (0.53-2.10)

Includes participants who completed all 16 classes and had at least one follow-up assessment, based on multiply imputed data

*employment status, income, education, marital status

^RAPA1, unhealthy diet, AUDIT, smoking

†SCQ, General Health