

Appendix A: Unstandardized linear regression coefficients, residual standard deviations, and 95% CIs for usual sleep duration, Add Health respondents in Waves 1-4.

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Age	-0.27*** (-0.29,-0.25)
(Dummy for age > 15) * (age-15)	0.03*** (0.03,0.04)
(Dummy for age > 20) * (age-20)	-0.04*** (-0.05,-0.03)
(Dummy for age > 25) * (age-25)	0.01 (-0.01,0.02)
Male (=1)	0.11 (-0.40,0.62)
Wave 1	ref.
Wave 2	-0.02 (-0.05,0.01)
Wave 3	0.74*** (0.64,0.84)
Wave 4	0.70*** (0.58,0.83)
Male * age	0.00 (-0.03,0.04)
Male * (Dummy for age > 15) * (age-15)	-0.02*** (-0.02,-0.01)
Male * (Dummy for age > 20) * (age-20)	0.03*** (0.02,0.04)
Male * (Dummy for age > 25) * (age-25)	-0.02*** (-0.03,-0.01)
Constant	11.88*** (11.54,12.23)
Standard deviations of between-individual residuals	
Ages 11-14	0.60*** (0.54,0.66)
Ages 15-18	0.80*** (0.77,0.83)
Ages 19-22	0.91*** (0.88,0.96)
Ages 23-26	0.84*** (0.79,0.88)
Ages 27-30	0.56*** (0.51,0.61)
Ages 31-34	0.50*** (0.42,0.59)
Standard deviation of within-individual residuals	1.13*** (1.11,1.15)
Observations	59,200
Number of respondents	14,800

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Note: \*\*\* p<0.001, \*\* p<0.01, \* p<0.05 (2-tailed test)