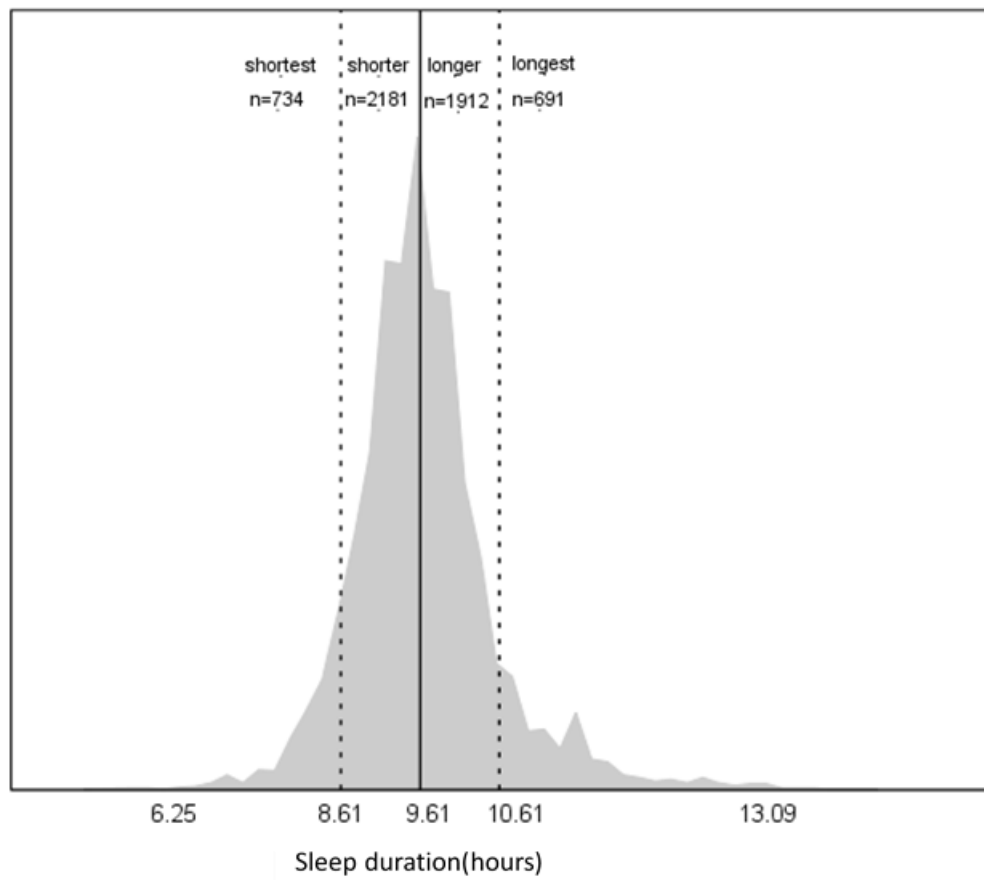


eFigure 1. Frequency polygon of sleep duration in early adolescents (n=5518). The solid line indicates the median of sleep duration and the dotted lines indicate 1 standard deviation.



eTable 1. Prevalence of overweight and obesity stratified by gender using other criteria among 9–12 aged children in Guangzhou, China

	Total	Boys	Girls	P value
	n (%)	n (%)	n (%)	
Overweight ^a	534 (9.5)	392 (12.9)	142 (5.5)	<0.001
Obesity ^a	303 (5.5)	220 (7.2)	83 (3.2)	<0.001
Overweight ^b	675 (12.0)	444 (14.6)	231 (9.0)	<0.001
Obesity ^b	187 (3.3)	148 (4.9)	29 (1.5)	<0.001

^a Calculated using Working Group on Obesity in China criterion.

^b Calculated using International Obesity Task Force criterion.

eTable 2. Associations between bedtime (categorized) and adiposity measures for the unadjusted and adjusted linear multilevel regression models

		Unadjusted model (model 1) *		Individual model (model 2) **	factor-adjusted	Fully adjusted model (model 3) ***	
		Coefficient (95% CI)	P value	Coefficient (95% CI)	P value	Coefficient (95% CI)	P value
BMI z-score (n=5518) ^a							
Bedtime	Before 21:45min	0.00 (reference)		0.00 (reference)		0.00 (reference)	
	21:45min– 22:15min	-0.02 (-0.11, 0.06)	0.59	0.04 (-0.05, 0.13)	0.34	0.04 (-0.06, 0.15)	0.43
	After 22:15min	0.09 (0.02,0.17)	0.02	0.13 (0.05, 0.21)	0.002	0.12 (0.02,0.22)	0.02
WC (n=5518) ^a							
Bedtime	Before 21:45min	0.00 (reference)		0.00 (reference)		0.00 (reference)	
	21:45min– 22:15min	0.75 (0.24,1.27)	0.004	0.32 (-0.17,0.80)	0.20	0.23 (-0.36,0.81)	0.45

	After 22:15min	1.60 (1.11,2.08)	<0.001	0.79 (0.33,1.25)	<0.001	0.64 (0.08,1.20)	0.02
WHtR (n=5518) ^a							
Bedtime	Before 21:45min	0.00 (reference)		0.00 (reference)		0.00 (reference)	
	21:45min– 22:15min	0.002 (–0.001, 0.005)	0.21	0.001 (–0.002, 0.004)	0.37	0.001 (–0.003, 0.004)	0.75
	After 22:15min	0.007 (0.004, 0.01)	<0.001	0.005 (0.002,0.007)	0.002	0.003 (–0.000, 0.007)	0.06
BF% (n=2795) ^a							
Bedtime	Before 21:45min	0.00 (reference)		0.00 (reference)		0.00 (reference)	
	21:45min– 22:15min	0.42 (–0.33,1.17)	0.27	0.23 (–0.37,0.84)	0.45	0.14 (–0.57,0.85)	0.69
	After 22:15min	–1.26 (–0.88,0.63)	0.75	0.64 (0.03,1.26)	0.04	0.55 (–0.18,1.27)	0.14

BF%, body fat percentage; BMI, body mass index; CI, confidence interval; WC, waist circumference; WHtR, waist-to-height ratio;

Significant P-values ($\alpha=0.05$) are bolded.

*Model 1: unadjusted

**Model 2: adjusted for age and gender

***Model 3: adjusted for age, gender, and physical activities, parental education level, average income monthly, and sleep duration

^a Number of participants included in the fully adjusted model