

**Table S1**—Cox Regression Analysis of the Multiplicative Interaction between Short Sleep Duration and Lifestyle Factors or Health Status in Women.

Characteristics	HR (95% CI) <sup>a</sup>		Interaction	
	6.5-7.5 (h/d)	<6.5 (h/d)	HR (95% CI)	P
<b>Low-level physical activity</b>			1.03 (0.99-1.08)	.160
No	Referent	1.96 (0.89-4.31)		
Yes	1.73 (0.73-4.11)	3.77 (1.75-8.12)		
<b>Overweight and obesity</b>			0.99 (0.98-1.00)	.017
No	Referent	2.71 (1.12-6.59)		
Yes	1.49 (0.59-3.76)	2.62 (1.10-6.23)		
<b>Hypertension</b>			1.00 (0.92-1.09)	.970
No	Referent	1.47 (0.70-3.11)		
Yes	0.80 (0.33-1.95)	2.28 (1.09-4.73)		
<b>T2DM</b>			1.02 (0.91-1.16)	.708
No	Referent	1.96 (1.12-3.44)		
Yes	0.87 (0.20-3.82)	2.70 (1.10-6.64)		
<b>Dyslipidemia</b>			1.00 (0.92-1.08)	.984
No	Referent	2.02 (0.99-4.13)		
Yes	1.12 (0.48-2.63)	2.40 (1.14-5.05)		

Abbreviations: CI, confidence interval; HR, hazard ratio; T2DM, type 2 diabetes mellitus.

<sup>a</sup> HR is adjusted for Model 2 (age, marital status, education, monthly income, smoking status, alcohol, tea drinking, physical activity level, BMI, systolic blood pressure, fasting plasma glucose, and triglycerides and high-density lipoprotein cholesterol levels, except for the respective stratification variable)

**Table S2**—Cox Regression Analysis of the Multiplicative Interaction between Short Sleep Duration and Lifestyle Factors or Health Status in Men.

Characteristics	HR (95% CI) <sup>a</sup>		Interaction	
	6.5-7.5 (h/d)	<6.5 (h/d)	HR (95% CI)	P
<b>Smoking</b>			1.00 (0.97-1.04)	.841
No	Referent	1.29 (0.65-2.56)		
Yes	0.96 (0.52-1.77)	1.18 (0.63-2.18)		
<b>Alcohol drinking</b>			1.01 (0.98-1.05)	.457
No	Referent	1.10 (0.69-1.74)		
Yes	0.80 (0.40-1.59)	1.48 (0.80-2.72)		
<b>Low-level physical activity</b>			1.02 (0.99-1.06)	.197
No	Referent	1.41 (0.82-2.42)		
Yes	1.72 (0.94-3.15)	1.84 (1.04-3.23)		
<b>Overweight and obesity</b>			1.00 (0.99-1.00)	.249
No	Referent	1.32 (0.82-2.12)		
Yes	0.58 (0.31-1.09)	0.56 (0.27-1.19)		
<b>Hypertension</b>			1.14 (1.07-1.22)	< .001
No	Referent	1.13 (0.63-2.02)		
Yes	2.25 (1.25-4.05)	2.83 (1.60-5.02)		
<b>T2DM</b>			1.07 (0.97-1.18)	.187
No	Referent	1.36 (0.89-2.07)		
Yes	1.99 (0.90-4.40)	1.31 (0.40-4.27)		
<b>Dyslipidemia</b>			1.03 (0.96-1.10)	.425
No	Referent	1.35 (0.79-2.32)		
Yes	1.31 (0.74-2.32)	1.45 (0.82-2.58)		

Abbreviations: CI, confidence interval; HR, hazard ratio; T2DM, type 2 diabetes mellitus.

<sup>a</sup> HR is adjusted for Model 2 (age, marital status, education, monthly income, smoking status, alcohol, tea drinking, physical activity level, BMI, systolic blood pressure, fasting plasma glucose, and triglycerides and high-density lipoprotein cholesterol levels, except for the respective stratification variable)