Supplementary Material

Table 1S Coefficient estimates from the regression model of the association between sleep duration on weekdays (Model 3a) or social jetlag (Model 3b) and the healthy dietary pattern, including mental illness as a covariate. Variables with P ≤0.01 were deemed to be significant. Singleton Units re-assigned to nearest relevant stratum.

Model 3			Coefficient*	Lower	Upper	p-value†
A	Sleep Weekday	T1	-0.12	-0.35	0.11	0.292
	Sleep Weekday	T2 (Reference)	0.00	.	.	.
	Sleep Weekday	T3	-0.44	-0.77	-0.11	0.009
	Sleep Weekend	T1	-0.04	-0.26	0.18	0.728
	Sleep Weekend	T2 (Reference)	0.00	.	.	.
	Sleep Weekend	T3	0.17	-0.10	0.44	0.217
	Sex	women vs men	0.57	0.41	0.73	<0.001
	Ethnicity	non-white vs white	0.35	0.10	0.59	0.006
	Smoking status	Ex-regular cigarette smoker	0.70	0.45	0.94	<0.001
		Never smoker	0.79	0.59	1.00	<0.001
	Socioeconomic Status	Q1	0.00	.	.	.
		Q2	-0.34	-0.60	-0.08	0.010
		Q3	-0.35	-0.63	-0.07	0.014
		Q4	-0.24	-0.52	0.04	0.091
		Q5	-0.62	-0.82	-0.42	<0.001
		Q6	0.15	-0.44	0.74	0.613
	Age (years)		0.04	0.03	0.05	<0.001
	BMI (kg/m2)		-0.02	-0.04	-0.01	0.001
	Total Energy Intake (MJ)		0.17	0.13	0.21	<0.001
	Mental Illness	Yes	-0.24	-0.71	0.22	0.305
	Intercept		-2.85	-3.52	-2.17	<0.001
B	Social jetlag		0.11	0.03	0.18	0.007
	Social jetlag squared		-0.03	-0.04	-0.01	0.007
	Sex	women vs men	0.57	0.41	0.73	<0.001
	Ethnicity	non-white vs white	0.33	0.08	0.57	0.010
	Smoking status	Ex-regular cigarette smoker	0.72	0.48	0.96	<0.001
		Never smoker	0.80	0.59	1.00	<0.001
	Mental Illness	Yes	-0.11	-0.59	0.36	0.634
	Socioeconomic Status	Q1	0.00	.	.	.
		Q2	-0.35	-0.61	-0.08	0.010
		Q3	-0.36	-0.63	-0.09	0.009
		Q4	-0.28	-0.56	0.00	0.049
		Q5	-0.61	-0.81	-0.40	<0.001
		Q6	0.17	-0.43	0.77	0.574
	Age	(years)	0.04	0.03	0.05	<0.001
	BMI	(kg/m2)	-0.02	-0.04	-0.01	0.001
	Total Energy Intake	(MJ)	0.18	0.14	0.22	<0.001
	Intercept		-3.00	-3.65	-2.36	<0.001

Note:
* Model 3 adjusted for sex, ethnicity, NS-SEC, age, smoking status, mean daily energy intake, BMI, and mental illness. Sample size consisted of an unweighted *n*=2697. † P-values were obtained taking into consideration complex survey design and weighted sample. Variables with *P* ≤ 0.01 were deemed to be significant.
Abbreviations: T, tertile; Q, quantile; BMI, Body mass index; kg, kilograms; m, meters; MJ millijoules

Table 2S Coefficient estimates from the regression model of the association between sleep duration on weekdays and the healthy dietary pattern, excluding sleep at weekends as a covariate. Variables with P ≤ 0.01 were deemed to be significant. Singleton Units re-assigned to nearest relevant stratum.

		Coefficient*	Lower	Upper	p-value†
Sleep Weekday	T1	-0.16	-0.36	0.03	0.102
Sleep Weekday	T2 (Reference)	0.00	.	.	.
Sleep Weekday	T3	-0.37	-0.66	-0.07	0.015
Sex	women vs men	0.56	0.40	0.73	0.000
Ethnicity	non-white vs white	0.35	0.09	0.60	0.007
Smoking status	Ex-regular cigarette smoker	0.71	0.46	0.95	0.000
	Never smoker	0.81	0.60	1.01	0.000
Socioeconomic Status	Q1	0.00	.	.	.
	Q2	-0.35	-0.62	-0.09	0.010
	Q3	-0.37	-0.65	-0.10	0.007
	Q4	-0.24	-0.52	0.04	0.094
	Q5	-0.64	-0.84	-0.44	0.000
	Q6	0.17	-0.41	0.75	0.568
Age (years)		0.04	0.04	0.05	<0.001
BMI (kg/m^2)		-0.02	-0.04	-0.01	0.001
Total Energy Intake (MJ)		0.17	0.13	0.22	<0.001
Intercept		-2.86	-3.54	-2.18	<0.001

Note:

* Model adjusted for sex, ethnicity, NS-SEC, age, smoking status, mean daily energy intake, BMI, and mental illness. Sample size consisted of an unweighted *n*=2697. † P-values were obtained taking into consideration complex survey design and weighted sample. Variables with *P* ≤ 0.01 were deemed to be significant.
Abbreviations: T, tertile; Q, quantile; BMI, Body mass index; kg, kilograms; m, meters; MJ millijoules

Table 3S Coefficient estimates from the regression model of the association between sleep duration on weekdays and the healthy dietary pattern. Lower tertiles defined using ≤ 6h as cut-off and upper tertile defined using ≥ 9h as cut-off. Variables with P ≤ 0.01 were deemed to be significant. Singleton Units re-assigned to nearest relevant stratum.

		Coefficient*	Lower	Upper	p-value†
Sleep Weekday	T1	-0.09	-0.34	0.17	0.503
Sleep Weekday	T2 (Reference)	0.00	.	.	.
Sleep Weekday	T3	-0.47	-0.82	-0.11	0.010
Sleep Weekend	T1	-0.06	-0.32	0.20	0.665
Sleep Weekend	T2 (Reference)	0.00	.	.	.
Sleep Weekend	T3	0.23	-0.04	0.51	0.100
Sex	women vs men	0.57	0.41	0.74	<0.001
Ethnicity	non-white vs white	0.34	0.09	0.58	0.008
Smoking status	Ex-regular cigarette smoker	0.71	0.47	0.95	<0.001
	Never smoker	0.80	0.60	1.01	<0.001
Socioeconomic Status	Q1	0.00	.	.	.
	Q2	-0.35	-0.61	-0.09	0.009
	Q3	-0.37	-0.64	-0.10	0.007
	Q4	-0.24	-0.52	0.03	0.085
	Q5	-0.63	-0.83	-0.44	<0.001
	Q6	0.17	-0.44	0.77	0.589
Age (years)		0.04	0.04	0.05	<0.001
BMI (kg/m2)		-0.02	-0.04	-0.01	0.001
Total Energy Intake (MJ)		0.17	0.13	0.21	<0.001
Intercept		-3.01	-3.65	-2.38	<0.001

Note:

* Model adjusted for sleep duration on weekends, sex, ethnicity, NS-SEC, age, smoking status, mean daily energy intake, and BMI. Sample size consisted of an unweighted *n*=2697. † P-values were obtained taking into consideration complex survey design and weighted sample. Variables with *P* ≤ 0.01 were deemed to be significant. Abbreviations: T, tertile; Q, quantile; BMI, Body mass index; kg, kilograms; m, meters; MJ millijoules