SUPPLEMENTARY TABLES:

Table S1. Key Variable Data Dictionary for Timing-Related Summary Variables in the INZEIT Pilot Study.			
Exposure	**Survey Question**	**Time Sent**	**Response Options/ n per category**
Timing of First Exposure to Outdoor Light	Today, when was the first time you were outdoors in daylight (without a roof above your head)?	7 PM	1: 5:00 - 08:00 AM, n=36 2: 8:00 - 10:00 AM, n=53 3: 10:00 AM - 05:00 PM, n=35 4: 05:00 - 10:00 PM, n=1 5: I wasn't outdoors, n=N/A
Timing of Last Exposure to Outdoor Light	Yesterday, when was the last time you were outdoors in daylight (without a roof above your head)?	9 AM	1: 5:00 - 08:00 AM, n=0 2: 8:00 - 10:00 AM, n=4 3: 10:00 AM - 05:00 PM, n=30 4: 05:00 - 10:00 PM, n=91 5: I wasn't outdoors, n=N/A
Timing of First Exposure to Indoor Light	This morning, after awakening when was the first time you were exposed to indoor artificial light?	1 PM	1: Before 5:00 AM, n=4 2: 5:00 - 6:30 AM, n=21 3: 6:30 - 7:45 AM, n=48 4: 7:45 - 9:45 AM, n=44 5: 9:45 - 11:00 AM, n=5 6: 11:00 AM - 12:00 noon, n=2 7: After 12 noon, n=1

Timing of Last Exposure to Indoor Light	Yesterday, when was the last time you were exposed to indoor artificial light before going to bed?	9 AM	1: 07:00 - 08:00 PM, n=2 2: 08:00 - 09:00 PM, n=3 3: 09:00 - 10:15 PM, n=16 4: 10:15 PM - 12:45 AM, n=86 5: 12:45 - 2:00 AM, n=13 6: 2:00 - 3:00 AM, n=5
Timing of First Eating Episode	This morning, when did you first eat or drink? (Note: black coffee, diet soda etc. that do not contain calories do NOT count)	1 PM	1: Before 5:00 AM, n=0 2: 5:00 - 6:30 AM, n=5 3: 6:30 - 7:45 AM, n=12 4: 7:45 - 9:45 AM, n=50 5: 9:45 - 11:00 AM, n=29 6: 11:00 AM - 12:00 noon, n=22 7: I did not consume anything before 12 noon, n=7
Timing of Last Eating Episode	Last night, before bed, when did you eat or drink foods or beverages? (Note: black coffee, diet soda etc. without calories do NOT count)	9 AM	1: Before 5:00 PM, n=3 2: 5:00 - 6:00 PM, n=1 3: 6:00 - 7:00 PM, n=6 4: 7:00 - 8:00 PM, n=14 5: 8:00 - 9:00 PM, n=41 6: 9:00 - 10:15 PM, n=33 7: 10:15 PM - 12:45 AM, n=26 8: 12:45 - 2:00 AM, n=1

			9: 2:00 - 3:00 AM, n=1
			10: After 3:00 AM, n=0
Proportion of Days Physically Active in the Morning		1 PM	Median=33.33 (range=0-100)
Proportion of Days Physically Active in the Evening		9 AM	Median=14.29 (range=0-100)

Table S2. Characteristics of the INZEIT Study Population by Study Site.

	UC San Diego	Washington University in St. Louis	Children's Hospital of Philadelphia
	N=43	N=40	N=42
Age, mean (SD)	37.2 (12.0)	37.9 (11.4)	30.8 (7.8)
White, non-Hispanic, n (%)	21(48.8)	23(57.5)	24(57.1)
Male, n (%)	17(39.5)	12(30.0)	16(38.1)
BMI (kg/m^2)	27.7 (6.2)	27.6 (6.7)	27.6 (6.9)
Education, n (%)			
High school or less	5(11.6)	5(12.5)	9(21.4)
Some college	9(20.9)	9 (22.5)	11(26.2)
Completed college	24 (55.8)	15(37.5)	14(33.3)
Graduate training	5(11.6)	11(27.5)	8(19.1)
Income, n (%)[1]			
<$25,000	6(15.0)	13(36.1)	9(24.3)
$25,000 - <$50,000	15(37.5)	6(16.7)	15(40.5)
$50,000 - <$75,000	5(12.5)	7(19.4)	6(16.2)
$75,000 - <$100,000	7(17.5)	7(19.4)	4(10.8)
$100,000	7(17.5)	3(8.3)	3(8.1)
Total Sleep Time, min/night, mean (SD)	422.1 (56.7)	410.8 (52.4)	416.6 (50.5)
Activity, Axis-1 CPM[2], mean (SD)	1193.2 (378.0)	1085.0 (302.9)	1072.18 (419.1)
Horne-Ostberg Score[3], mean (SD)	56.6 (9.9)	57.4 (10.9)	54.2 (8.6)

Abbreviations: CPM: counts per minute; MVPA: moderate-to-vigorous intensity physical activity.

Note: Participants were enrolled from November 2015 to March 2016 at UC San Diego, Children's Hospital of Philadelphia, and Washington University in St. Louis.

[1]Missing data for n=12 participants.

[2]Total activity derived from wrist actigraphy based on mean daily counts per minute on the vertical-axis.

[3]Scores indicate diurnal preference; higher scores indicate greater preference for morning; data missing for one participant.

Table S3. Separate Multivariable Regression Models of Associations Between Dichotomous Timing Exposures and BMI.

	b (95% CI)	P-value
Late last outdoor light exposure (after 5 pm)	-3.36 (-5.73, -1.00)	0.006
Late last indoor light exposure (after 12:45 am)	-0.47 (-3.61, 2.67)	0.77
Late first indoor light exposure (after 7:45 am)	-0.49 (-2.89, 1.91)	0.69

*Models are adjusted for age, race/ethnicity, and education

Table S4. Separate Multivariable Regression Models of Associations Between the

Day-to-Day Variability in the Timing of Each Behavior and BMI.

	b (95% CI)	P-value
Variability in timing of last exposure to outdoor light	0.28 (-0.76, 1.32)	0.60
Variability in timing of last exposure to indoor light	0.57 (-0.43, 1.57)	0.26
Variability in timing of first exposure to indoor light	0.51 (-0.53, 1.55)	0.33

*Models are adjusted for age, race/ethnicity, and education