

SUPPLEMENTAL MATERIAL

Table S1. Projected multivariable-adjusted mortality rates associated with cardiometabolic risk factors (CMR) and cardio-cerebrovascular disease (CBVD): role of objective sleep duration.

	All-cause mortality rate (%) at	
	15 years	20 years
Reference \geq 6h	6.5 (4.4-8.6)	12.7 (8.8-16.4)
Reference < 6h	6.0 (3.9-7.9)	11.6 (8.9-15.2)
CMR or CBVD \geq 6h	9.9 (7.7-12.1)	19.1 (15.2-22.7)
CMR or CBVD < 6h	13.5 (10.7-16.1)	25.4 (21.0-29.6)
Reference \geq 6h	6.4 (4.3-8.5)	12.7 (8.8-16.5)
Reference < 6h	6.0 (3.9-8.0)	11.8 (8.0-15.4)
CMR \geq 6h	8.8 (6.6-11.0)	17.3 (13.3-21.0)
CMR < 6h	12.2 (9.5-14.8)	23.4 (19.0-27.5)
CBVD \geq 6h	14.4 (9.4-19.2)	27.3 (18.6-35.1)
CBVD < 6h	17.8 (13.0-22.3)	33.0 (25.2-39.9)
	CBVD mortality rate (%) at	
	15 years	20 years
Reference \geq 6h	2.3 (1.0-3.6)	4.0 (1.7-6.2)
Reference < 6h	2.1 (0.9-3.3)	3.7 (1.7-5.6)
CMR or CBVD \geq 6h	4.1 (2.5-5.6)	7.0 (4.6-9.4)
CMR or CBVD < 6h	4.8 (3.0-6.5)	8.2 (5.4-11.0)
Reference \geq 6h	2.3 (1.0-3.6)	4.0 (1.7-6.3)
Reference < 6h	2.2 (1.0-3.4)	3.9 (1.8-5.9)
CMR \geq 6h	3.1 (1.8-4.5)	5.5 (3.2-7.6)
CMR < 6h	4.0 (2.4-5.5)	7.0 (4.4-9.5)
CBVD \geq 6h	8.0 (4.0-11.9)	13.8 (7.2-19.9)
CBVD < 6h	8.1 (4.5-11.6)	13.9 (8.1-19.4)
	Cancer mortality rate (%) at	
	15 years	20 years
Reference \geq 6h	2.6 (1.2-3.9)	5.7 (3.0-8.3)
Reference < 6h	1.2 (0.3-2.1)	2.7 (0.8-4.6)
CMR or CBVD \geq 6h	2.2 (1.2-3.2)	5.0 (3.0-7.1)
CMR or CBVD < 6h	3.2 (1.8-4.6)	7.0 (4.4-9.6)
Reference \geq 6h	2.6 (1.2-3.9)	5.7 (2.9-8.4)
Reference < 6h	1.2 (0.3-2.1)	2.7 (0.8-4.7)
CMR \geq 6h	2.5 (1.3-3.7)	5.6 (3.1-8.0)
CMR < 6h	3.0 (1.5-4.4)	6.6 (3.7-9.5)
CBVD \geq 6h	1.4 (0.0-2.9)	3.2 (0.0-6.3)
CBVD < 6h	3.5 (1.3-12.3)	7.8 (3.1-12.3)

The reference group was absent of CMR and CBVD. All data adjusted for age, race, sex, education, BMI, smoking, alcohol use, AHI, other physical health conditions, and mental health conditions

Table S2. Hazard ratios and 95% confidence intervals for cancer mortality associated with cardiometabolic risk factors (CMR) and cardio-cerebrovascular disease (CBVD) among subjects free of cancer at baseline: role of objective sleep duration.

N=1,505	n	Overall	≥ 6 hours	< 6 hours
Reference	29	1.00	1.00	1.00
CMR	66	1.56 (0.96-2.55)	1.12 (0.60-2.10)	2.61 (1.15-5.92)*
CBVD	19	1.62 (0.86-3.05)	0.48 (0.14-1.69)	3.62 (1.47-8.93)*

The reference group was absent of CMR and CBVD. Hazard ratios adjusted for age, race, sex, education, BMI, smoking, alcohol use, AHI, physical health conditions, and mental health conditions; n = number of deaths from cancer (among a total of 1,505 subjects without cancer at baseline, 114 died of cancer, 29 in the reference group, 66 in the CMR group and 19 in the CBVD group) * P < 0.05