## **On-line Supplementary Material**

**Title:** High glycemic index and glycemic load diets as risk factors for insomnia: Analyses from the Women's Health Initiative

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## Supplementary Figure 1.

## Participant Flow Diagram

Completed the initial screening WHO form (N = 373,092)

Did not provide consent or not interested in participating in the observational study (N = 214,032)

Excluded due to being in younger age cells deemed full or closed to prevent overrepresentation of these age stratums (N = 27,662)

Excluded for other reasons, including did not plan on residing in the area for at least 3 years, had a life expectancy of less than 3 years, or suffered from substance abuse, mental illness, or dementia (N = 37,722)

WHO Observational Study Participants (N = 93,676)

Excluded for not completing the food frequency questionnaire or insomnia rating scale (N = 15,816)

Participants in the Cross-sectional analyses (N = 77,860)

Excluded for having insomnia at baseline or for not completing the insomnia rating scale at follow-up (N = 24,791)

Participants in the longitudinal analyses (N = 53,069)