

**Supplemental Material**

*Occupational and Environmental Medicine*

Commuting time to work and behaviour-related health: A fixed effect analysis

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**Supplemental Table 1.** Odds ratios for physical inactivity and sleep problems by commuting time among those with normal working hours with additional adjustments.

Commuting time (N <sub>observations</sub> )*	Model 2			Model 3			Model 4		
	OR	95% CI		OR	95% CI		OR	95% CI	
<b>Overweight (vs. normal) (1469)</b>									
1-5	1			1			1		
6-10	1.01	0.71	1.45	1.03	0.72	1.46	1.03	0.72	1.47
11-15	0.99	0.45	2.17	0.99	0.45	2.18	0.98	0.44	2.16
>15	1.20	0.36	3.94	1.24	0.38	4.07	1.26	0.38	4.12
<b>Obesity (vs. overweight) (861)</b>									
1-5	1			1			1		
>5	1.02	0.73	1.43	1.03	0.74	1.45	1.04	0.74	1.45
<b>Physical inactivity (1720)</b>									
1-5	1			1			1		
6-10	1.10	0.80	1.52	1.13	0.82	1.56	1.14	0.83	1.58
11-15	0.99	0.50	1.98	0.99	0.49	1.98	0.97	0.48	1.94
>15	1.30	0.41	4.14	1.35	0.42	4.34	1.35	0.42	4.36
<b>Smoking (668)</b>									
1-5	1			1			1		
6-10	1.04	0.60	1.80	1.04	0.60	1.80	1.00	0.57	1.76
11-15	0.59	0.17	2.04	0.59	0.17	2.07	0.61	0.17	2.18
>15	1.30	0.11	15.44	1.27	0.10	15.36	1.25	0.10	15.25
<b>Problem drinking (798)</b>									
1-5	1			1			1		
6-10	0.91	0.57	1.48	0.97	0.59	1.57	0.97	0.59	1.59
11-15	0.40	0.16	1.04	0.40	0.15	1.03	0.40	0.15	1.06
>15	0.41	0.09	1.86	0.38	0.08	1.71	0.38	0.08	1.73
<b>Sleep problems (2811)</b>									
1-5	1			1			1		
6-10	1.09	0.84	1.40	1.14	0.88	1.48	1.14	0.88	1.49
11-15	0.95	0.56	1.62	0.94	0.55	1.62	0.98	0.57	1.68
>15	0.54	0.22	1.34	0.58	0.23	1.42	0.57	0.23	1.41
1-5	1			1			1		
>5	1.04	0.81	1.33	1.08	0.84	1.39	1.09	0.85	1.40

\* Number of observations informative in the analysis, i.e., those with change in the outcome.

Model 2 adjusted for age, cohabiting, presence of children, and occupational position

Model 3 adjusted for age, cohabiting, presence of children, occupational position, chronic disease, and depressive symptoms

Model 4 adjusted for age, cohabiting, presence of children, occupational position, chronic disease, depressive symptoms, job strain and shift work