

Supplementary Online Content

Widome R, Berger AT, Iber C, et al. Association of delaying school start time with sleep duration, timing, and quality among adolescents. *JAMA Pediatr*. Published online April 27, 2020. doi:10.1001/jamapediatrics.2020.0344

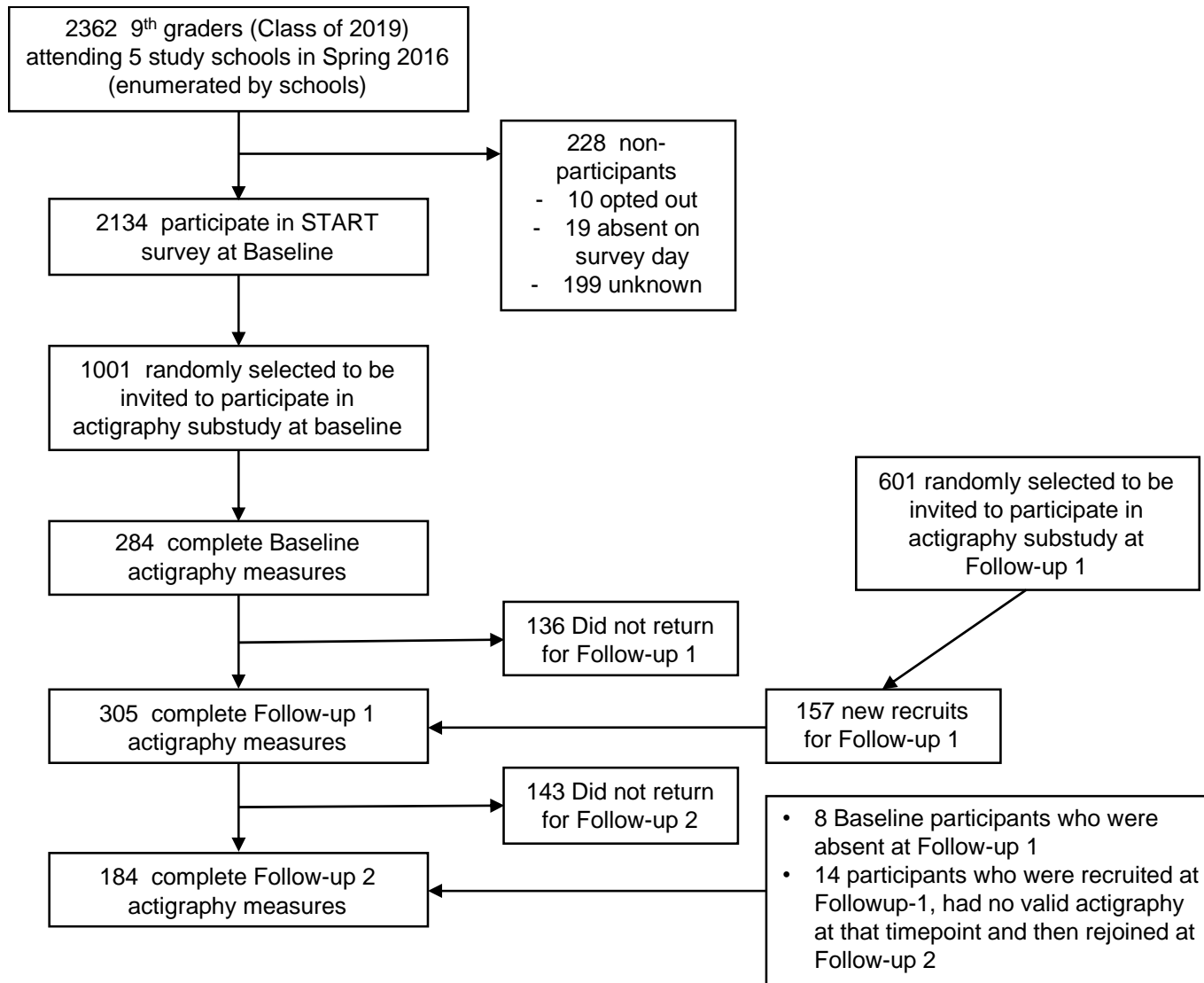
eFigure. Participant Flow Chart

eTable 1. Baseline Demographic Characteristics of START Full Cohort and Actigraphy Substudy Participants

eTable 2. Self-reported Baseline Sleep Duration by Wave of Entry Into Actigraphy Substudy and Wave of Observation of Actigraphy

This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure. Participant Flow Chart



eTable 1. Baseline Demographic Characteristics of START Full Cohort and Actigraphy Substudy Participants

	START full cohort No. (%) ^a	START substudy No. (%) ^a
N	2422	455
Policy change school	1414 (58.4)	214 (47.0)
Biological sex ^a		
Female	1224 (50.5)	225 (49.5)
Male	1165 (48.1)	219 (48.1)
Prefer not to answer	25 (1.0)	7 (1.5)
Hispanic or Latino	93 (3.8)	13 (2.9)
Race		
Native American	24 (1.0)	3 (0.7)
Asian	154 (6.4)	20 (4.4)
Native Hawaiian/Pacific Islander	5 (0.2)	0 (0)
Black	94 (3.9)	7 (1.5)
White	1914 (79.0)	396 (87.0)
Multiracial	153 (6.3)	21 (4.6)
Unknown/not reported	64 (2.6)	4 (0.9)
Receive free/reduced price lunch: Yes	337 (13.9)	30 (6.6)
Receive free/reduced price lunch: Don't know	444 (18.3)	78 (17.1)
1+ parent completed college	1771 (73.1)	370 (81.3)
START 2016-2018		
^a Categories do not add to 100% due to missing responses		

eTable 2. Self-reported Baseline Sleep Duration by Wave of Entry Into Actigraphy Substudy and Wave of Observation of Actigraphy

	Delayed-start adopting school			Comparison school			Difference-in-Differences Analysis			
	Baseline	Follow-up 1	Follow-up 2	Baseline	Follow-up 1	Follow-up 2	Baseline to Follow-up 1	P-value	Baseline to Follow-up 2	P-value
Wave of entry ^a	7:26 (7:25 to 7:27)	7:30 (7:17 to 7:44)	7:25 (7:09 to 7:41)	7:26 (7:23 to 7:30)	7:30 (7:22 to 7:38)	7:37 (7:27 to 7:47)	0:00 (-0:17 to 0:19)	0.93	-0:11 (-0:31 to 0:08)	0.25
N	118	77	7	147	63	6				
Wave of observation ^a	7:26 (7:25 to 7:27)	7:27 (7:18 to 7:36)	7:30 (7:21 to 7:38)	7:28 (7:25 to 7:31)	7:31 (7:27 to 7:36)	7:34 (7:34 to 7:35)	-0:02 (-0:13 to 0:08)	0.68	-0:02 (-0:13 to 0:07)	0.57
N	118	131	87	147	150	87				

START 2016-2018

Abbreviation: H:MM – Hours, Minutes.

^a Unadjusted generalized estimating equation clustered at school level. Self-reported sleep durations were reported **at baseline** and compared by wave of entry into the substudy (participants' baseline sleep duration is entered once) and wave of observation in the substudy (participants' baseline sleep duration may be included multiple times).