

Supplemental Table S1

Bivariate Correlations Among All Study Variables

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.
1. Age	--										
2. Gender	-.05	--									
3. Race (African American)	-.04	.07	--								
4. Race (other)	.01	.01	-.09*	--							
5. Hispanic	-.02	-.03	-.11**	.40**	--						
6. Education	-.08*	-.10*	-.09*	-.07	-.30**	--					
7. Neuroticism	-.12**	.07	-.03	.03	.11**	-.16**	--				
8. Extraversion	-.03	.12**	.07	-.08*	-.04	.07	-.20**	--			
9. Openness	-.06	-.05	-.01	-.05	-.08	.19**	-.16**	.51**	--		
10. Agreeableness	.01	.30**	-.01	-.05	-.10*	-.05	-.08*	.51**	.30**	--	
11. Conscientiousness	-.01	.08*	-.02	-.05	-.07	.11**	-.19**	.41**	.43**	.33**	--
12. Rested	.02	-.02	-.01	.05	.05	.03	-.24**	.15**	.09*	-.01	.08*
13. Assumed sleep	.12**	.10*	-.01	.02	.04	-.08*	.01	-.05	-.06	.02	-.03
14. Actigraph sleep	.10*	.11*	-.06	-.01	.02	-.02	-.02	-.02	-.05	.03	.01
15. Percent sleep	-.07	.06	-.13**	-.09*	-.06	.17**	-.08*	.09*	.01	.06	.11**
16. Wake after onset	.11**	-.02	.14**	.10*	.09*	-.19**	.09*	-.10*	-.04	-.06	-.13**
17. Fragmentation	.15**	-.14**	.15**	.06	.05	-.13**	.07	-.11*	-.01	-.09*	-.12**
18. Time fell asleep	-.10*	.01	.05	.01	-.02	.12**	.06	.03	.03	.02	-.12**
19. Variability	.01	-.08	.15**	.02	.10*	-.09*	.03	-.01	.01	-.04	-.12**
20. Body mass index	-.13**	.01	.14**	.01	.09*	-.15**	.11**	-.07	-.06	-.03	-.16**
21. Disease burden	.18**	-.01	.02	.00	.03	-.10*	.16**	-.14**	-.06	-.08*	-.18**
22. Perceived stress	.07	.02	.07	-.02	-.06	-.12**	.28**	-.13**	-.10*	-.08	-.24**
23. Depressive symptoms	.08*	.11**	.04	.00	.04	-.13**	.36**	-.27**	-.21**	-.09*	-.24**

	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.
12. Rested	--											
13. Assumed sleep	.04	--										
14. Actigraph sleep	.06	.95**	--									
15. Percent sleep	.09*	-.03	.27**	--								
16. Wake after onset	-.08	.31**	.01	-.93**	--							
17. Fragmentation	-.09*	-.02	-.26**	-.82**	.78**	--						
18. Time fell asleep	-.06	-.40**	-.38**	.01	-.15**	.04	--					
19. Variability	.00	-.05	-.15**	-.31**	.29**	.33**	.00	--				
20. Body mass index	-.04	-.04	-.06	-.06	.06	.07	.12**	.08*	--			
21. Disease burden	-.15**	.07	.04	-.09*	.11**	.14**	.08*	.08	.24**	--		
22. Perceived stress	-.17**	.04	-.01	-.14**	.16**	.13**	.02	.04	.03	.11**	--	
23. Depressive symptoms	-.37**	.00	-.04	-.12**	.12**	.12**	.07	.06	.09*	.18**	.32**	--

Supplemental Table S2

Absolute Effect Sizes Comparing the Top and Bottom Quartiles of the Traits for Each Outcome

Trait	Subjective		Objective					
	Feel Rested	Assumed Sleep	Actigraph Sleep	Percent Sleep	Wake After Sleep Onset	Fragmentation	Time Fell Asleep	Variability in Time Fell Asleep
Neuroticism	.45/.22	.05/.02	.01/.00	.16/.08	.20/.08	.16/.08	.08/.04	.07/.03
Extraversion	.38/.18	.12/.06	.06/.03	.17/.08	.19/.10	.20/.10	.02/.01	.04/.02
Openness	.27/.13	.11/.06	.11/.06	.03/.01	.02/.01	.02/.01	.07/.04	.04/.02
Agreeableness	.01/.01	.06/.03	.12/.06	.17/.08	.16/.08	.25/.13	.09/.05	.02/.01
Conscientiousness	.23/.11	.06/.03	.02/.01	.21/.10	.25/.12	.22/.11	.27/.13	.27/.14

Note. Effect sizes are absolute Cohen's d effect size estimates (before the forward slash) and absolute correlations (after the forward slash) for the top and bottom quartiles of each trait. The estimates do not control for the covariates.

Supplemental Table S3

Indirect Effects of Personality on Sleep Through Body Mass Index, Disease Burden, Perceived Stress, and Depressive Symptoms

	Mediation Parameter				
	<i>IV to Mediator (path a)</i>	<i>Mediator to DV (path b)</i>	<i>Indirect Effect (axb)</i>	<i>Total Effect (path c)</i>	<i>Direct Effect (path c')</i>
			<u>Feel Rested</u>		
Neuroticism				-.20 (.03)**	-.08 (.03)*
Body mass index	.08 (.04)	.02 (.03)	.00 (-.01, .01)		
Disease burden	.16 (.04)**	-.07 (.03)*	-.01 (-.02, -.01)		
Perceived stress	.28 (.04)**	-.03 (.03)	-.01 (-.03, .01)		
Depressive symptoms	.38 (.04)**	-.29 (.03)**	-.10 (-.14, -.07)**		
			<u>Feel Rested</u>		
Extraversion				.13 (.03)**	.04 (.03)
Body mass index	-.07 (.04)	.02 (.03)	.00 (-.01, .01)		
Disease burden	-.14 (.04)**	-.07 (.03)	.01 (.00, .02)		
Perceived stress	-.13 (.04)**	-.04 (.03)	.00 (.00, .02)		
Depressive symptoms	-.27 (.04)**	-.28 (.04)**	.08 (.05, .11)**		
			<u>Feel Rested</u>		
Openness				.08 (.03)*	.02 (.03)
Body mass index	-.04 (.04)	.02 (.03)	.00 (-.01, .00)		
Disease burden	-.05 (.04)	-.08 (.03)*	.00 (.00, .01)		
Perceived stress	-.09 (.04)*	-.04 (.03)	.00 (.00, .01)		
Depressive symptoms	-.19 (.04)**	-.29 (.03)**	.06 (.03, .08)**		
			<u>Feel Rested</u>		
Conscientiousness				.06 (.03)*	-.03 (.03)
Body mass index	-.14 (.04)**	.01 (.03)	.00 (-.01, .01)		
Disease burden	-.17 (.04)**	-.08 (.03)*	.01 (.00, .03)		
Perceived stress	-.22 (.04)**	-.04 (.03)	.01 (-.01, .02)		

Depressive symptoms	-.25 (.04)**	-.30 (.03)**	.07 (.04, .11)**		
			<u>Percent Sleep</u>		
Conscientiousness				.08 (.04)*	.04 (.04)
Body mass index	-.14 (.04)**	.00 (.04)	.00 (-.01, .02)		
Disease burden	-.17 (.04)**	-.02 (.04)	.01 (-.01, .02)		
Perceived stress	-.22 (.04)**	-.07 (.04)	.01 (-.01, .04)		
Depressive symptoms	-.25 (.04)**	-.07 (.04)	.02 (.00, .05)		
			<u>Wake After Sleep Onset</u>		
Neuroticism				.08 (.04)*	.02 (.04)
Body mass index	.07 (.04)	.01 (.04)	.00 (-.01, .01)		
Disease burden	.16 (.04)**	.04 (.04)	.01 (-.01, .02)		
Perceived stress	.28 (.04)**	.08 (.04)	.02 (.00, .05)		
Depressive symptoms	.39 (.04)**	.07 (.04)	.03 (-.01, .07)		
			<u>Wake After Sleep Onset</u>		
Extraversion				-.10 (.04)**	-.07 (.04)
Body mass index	-.07 (.04)	.01 (.04)	.00 (-.01, .01)		
Disease burden	-.14 (.04)**	.04 (.04)	-.01 (-.02, .01)		
Perceived stress	-.13 (.04)**	.08 (.04)	-.01 (-.03, .00)		
Depressive symptoms	-.27 (.04)**	.06 (.04)	-.01 (-.04, .01)		
			<u>Wake After Sleep Onset</u>		
Conscientiousness				-.09 (.04)*	-.05 (.04)
Body mass index	-.14 (.04)**	.00 (.04)	.00 (-.02, .01)		
Disease burden	-.17 (.04)**	.04 (.04)	-.01 (-.02, .01)		
Perceived stress	-.22 (.04)**	.08 (.04)	-.02 (-.04, .00)		
Depressive symptoms	-.25 (.04)**	.07 (.04)	-.01 (-.04, .01)		
			<u>Fragmentation</u>		
Neuroticism				.09 (.04)*	.03 (.04)
Body mass index	.07 (.04)	.02 (.04)	.00 (-.01, .01)		
Disease burden	.16 (.04)	.06 (.04)	.01 (.00, .03)		
Perceived stress	.28 (.04)**	.05 (.04)	.02 (-.01, .04)		
Depressive symptoms	.39 (.04)**	.07 (.04)	.03 (-.01, .06)		

				<u>Fragmentation</u>	
Extraversion				-0.10 (.04)*	-0.06 (.04)
Body mass index	-0.07 (.04)	.02 (.04)	.00 (-.01, .01)		
Disease burden	-0.14 (.04)**	.06 (.04)	-.01 (-.02, .00)		
Perceived stress	-0.13 (.04)**	.05 (.04)	-.01 (-.02, .00)		
Depressive symptoms	-0.27 (.04)**	.06 (.04)	-.02 (-.04, .01)		
				<u>Fragmentation</u>	
Conscientiousness				-0.08 (.04)*	-0.04 (.04)
Body mass index	-0.14 (.04)**	-.04 (.04)	.00 (-.02, .01)		
Disease burden	-0.17 (.04)**	.02 (.04)	-.01 (-.03, .00)		
Perceived stress	-0.22 (.04)**	.06 (.04)	-.01 (-.03, .01)		
Depressive symptoms	-0.25 (.04)**	.07 (.04)	-.02 (-.04, .00)		
				<u>Time Fell Asleep</u>	
Conscientiousness				-0.20 (.06)**	-0.16 (.06)**
Body mass index	-0.14 (.04)**	.11 (.06)	-.01 (-.04, .00)		
Disease burden	-0.17 (.04)**	.07 (.06)	-.01 (-.04, .01)		
Perceived stress	-0.22 (.04)**	-.02 (.06)	.00 (-.02, .03)		
Depressive symptoms	-0.25 (.04)**	.09 (.06)	-.02 (-.05, .00)		
				<u>Variability in Time Fell Asleep</u>	
Conscientiousness				-0.003 (.001)**	-0.002 (.001)*
Body mass index	-0.14 (.04)**	.00 (.00)	.00 (.00, .00)		
Disease burden	-0.17 (.04)**	.00 (.00)	.00 (.00, .00)		
Perceived stress	-0.22 (.04)**	.00 (.00)	.00 (.00, .00)		
Depressive symptoms	-0.25 (.04)**	.00 (.00)	.00 (.00, .00)		

Note. N=598 due to missing data on the mediators. Coefficients are unstandardized coefficients from the mediation analysis controlling for age, sex, education, race, and ethnicity. Numbers in parentheses are standard errors or 95% confidence intervals. IV=independent variable. DV=dependent variable.

Supplemental Table S4

Indirect Effects of Personality on Feeling Rested Through Objective Sleep Measures

Facet	Mediation Parameter				
	<i>IV to Mediator (path a)</i>	<i>Mediator to DV (path b)</i>	<i>Indirect Effect (axb)</i>	<i>Total Effect (path c)</i>	<i>Direct Effect (path c')</i>
Neuroticism				-.24 (.04)**	-.23 (.04)**
Assumed Sleep	.00 (.04)	1.69 (2.71)	.00 (-.40, .39)		
Actigraph Sleep	-.03 (.04)	1.67 (2.59)	-.05 (-.55, .29)		
Percent Sleep	-.07 (.04)	-.08 (.18)	.00 (-.03, .04)		
WASO	.08* (.04)	.39 (.77)	.03 (-.12, .29)		
Fragmentation	.08* (.04)	-.04 (.07)	.00 (-.02, .01)		
Time Fell Asleep	.07 (.04)	-.04 (.04)	.00 (-.01, .00)		
Extraversion				.15 (.04)**	.15 (.04)**
Assumed Sleep	-.06 (.04)	-2.22 (2.76)	.12 (-.33, .86)		
Actigraph Sleep	-.03 (.04)	2.19 (2.64)	-.07 (-.62, .29)		
Percent Sleep	.07 (.04)	-.13 (.19)	-.01 (-.05, .02)		
WASO	-.09 (.04)*	.49 (.78)	-.04 (-.34, .12)		
Fragmentation	-.09 (.04)*	-.04 (.08)	.00 (-.01, .02)		
Time Fell Asleep	.01 (.04)	-.05 (.04)	.00 (-.01, .01)		
Openness				.09 (.04)*	.10 (.04)*
Assumed Sleep	-.04 (.04)	-2.88 (2.78)	.12 (-.28, .74)		
Actigraph Sleep	-.04 (.04)	2.82 (2.65)	-.12 (-.76, .29)		
Percent Sleep	-.03 (.04)	-.15 (.18)	.00 (-.02, .04)		
WASO	.00 (.04)	.67 (.79)	.00 (-.16, .15)		
Fragmentation	.02 (.04)	-.06 (.08)	.00 (-.01, .01)		
Time Fell Asleep	.01 (.04)	-.05 (.04)	.00 (-.01, .01)		
Agreeableness				.00 (.04)	.00 (.04)
Assumed Sleep	-.03 (.04)	-2.50 (2.78)	.07 (-.31, .66)		

Actigraph Sleep	-.02 (.04)	2.46 (2.66)	-.04 (-.50, .37)		
Percent Sleep	.04 (.04)	-.16 (.18)	-.01 (-.05, .02)		
WASO	-.05 (.04)	.55 (.79)	-.03 (-.26, .09)		
Fragmentation	-.05 (.04)	-.06 (.08)	.00 (-.01, .02)		
Time Fell Asleep	.02 (.04)	-.06 (.04)	.00 (-.01, .00)		
Conscientiousness				.08 (.04)*	.07 (.04)
Assumed Sleep	-.04 (.04)	-2.38 (2.78)	.09 (-.33, .66)		
Actigraph Sleep	-.01 (.04)	2.34 (2.66)	-.02 (-.41, .40)		
Percent Sleep	.08 (.04)	-.14 (.18)	-.01 (-.06, .03)		
WASO	-.09 (.04)*	.53 (.79)	-.05 (-.37, .14)		
Fragmentation	-.08 (.04)*	-.05 (.08)	.00 (-.01, .02)		
Time Fell Asleep	-.14 (.04)**	-.04 (.04)	.00 (-.01, .02)		

Note. $N=618$. Coefficients are unstandardized coefficients from the mediation analysis controlling for age, sex, education, race, and ethnicity. Numbers in parentheses are standard errors or 95% confidence intervals. WASO=wake after sleep onset.

* $p < .05$.

** $p < .01$.