Supplementary Table 1. Prospective associations of an aMed dietary pattern with measures of sleep quality after 1-y (unadjusted models) [a]

Predictor	Outcome	β (SE)	P-value
Overall diet score and food sources included in the diet score			
aMed diet score	PSQI total score	-0.25 (0.10)	**0.02***
	Sleep onset latency	-0.45 (0.66)	0.50
	Sleep efficiency	1.06 (0.35)	**<0.01***
	Sleep disturbances	-0.22 (0.13)	0.09
Fruits and vegetables	PSQI total score	-0.16 (0.07)	**0.02***
	Sleep onset latency	-0.47 (0.44)	0.31
	Sleep efficiency	0.58 (0.24)	**0.01***
	Sleep disturbances	-0.17 (0.09)	0.05
Legumes	PSQI total score	-0.02 (0.16)	0.92
	Sleep onset latency	-0.86 (1.03)	0.40
	Sleep efficiency	1.09 (0.55)	**<0.05***
	Sleep disturbances	0.27 (0.21)	0.19
Nuts	PSQI total score	0.09 (0.22)	0.66
	Sleep onset latency	0.33 (1.36)	0.81
	Sleep efficiency	-0.73 (0.73)	0.31
	Sleep disturbances	-0.14 (0.27)	0.61
Dark breads	PSQI total score	-0.58 (0.39)	0.14
	Sleep onset latency	-0.23 (2.48)	0.93
	Sleep efficiency	2.00 (1.33)	0.13
	Sleep disturbances	-0.13 (0.50)	0.79
Fish	PSQI total score	0.01 (0.01)	0.57
	Sleep onset latency	0.03 (0.07)	0.68
	Sleep efficiency	-0.03 (0.04)	0.44
	Sleep disturbances	-0.00 (0.01)	0.90
Red meat	PSQI total score	-0.03 (0.13)	0.79
	Sleep onset latency	-0.19 (0.80)	0.81
	Sleep efficiency	-0.08 (0.43)	0.85
	Sleep disturbances	0.00 (0.16)	0.99
Major nutrients in food sources included in the aMed diet score			
MUFA to SFA ratio	PSQI total score	-0.84 (0.42)	**<0.05***
	Sleep onset latency	-2.86 (2.68)	0.29
	Sleep efficiency	2.80 (1.44)	0.05
	Sleep disturbances	-1.01 (0.53)	0.06
Unsaturated fat	PSQI total score	-0.07 (0.03)	**0.03***
	Sleep onset latency	-0.49 (0.19)	**<0.01***

	Sleep efficiency	0.12 (0.10)	0.25
	Sleep disturbances	-0.05 (0.04)	0.23
Saturated fat	PSQI total score	-0.02 (0.05)	0.77
	Sleep onset latency	-0.45 (0.33)	0.17
	Sleep efficiency	-0.02 (0.18)	0.89
	Sleep disturbances	0.06 (0.07)	0.41
Plant protein	PSQI total score	-0.17 (0.09)	0.08
	Sleep onset latency	-0.13 (0.60)	0.82
	Sleep efficiency	1.07 (0.32)	**<0.001***
	Sleep disturbances	-0.16 (0.12)	0.17
Animal protein	PSQI total score	-0.01 (0.04)	0.80
	Sleep onset latency	-0.16 (0.26)	0.55
	Sleep efficiency	0.00 (0.14)	0.99
	Sleep disturbances	-0.03 (0.05)	0.60
Fiber	PSQI total score	-0.06 (0.04)	0.07
	Sleep onset latency	-0.20 (0.23)	0.37
	Sleep efficiency	0.34 (0.12)	**<0.01***
	Sleep disturbances	-0.07 (0.05)	0.11
Alcohol	PSQI total score	0.02 (0.03)	0.42
	Sleep onset latency	0.15 (0.18)	0.42
	Sleep efficiency	-0.08 (0.10)	0.43
	Sleep disturbances	0.01 (0.04)	0.72

[a] Univariate linear regression models with no adjustment for confounding variables