

529 **Supplemental Table**

530 Supplemental Table 1. Number (%) of missing data.

Variable <sup>1</sup>	African American		White	
	Female (*n=31,296)	Male (*n=22,334)	Female (*n=15,200)	Male (*n=9,719)
Age at enrollment	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)
Source of enrollment	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)
County of residence	2 (0.01)	6 (0.03)	1 (0.01)	3 (0.03)
Education completed	25 (0.08)	14 (0.06)	4 (0.03)	9 (0.09)
Annual household income	409 (1.31)	238 (1.07)	259 (1.70)	143 (1.47)
Marital status	113 (0.36)	96 (0.43)	148 (0.97)	221 (2.27)
Body Mass Index (kg/m <sup>2</sup> )	500 (1.60)	167 (0.75)	195 (1.28)	65 (0.67)
Currently working	165 (0.53)	86 (0.39)	77 (0.51)	38 (0.39)
Cigarette smoking	172 (0.55)	132 (0.59)	79 (0.52)	130 (1.34)
Total sedentary time	361 (1.15)	187 (0.84)	80 (0.53)	43 (0.44)
Total light, moderate and vigorous work	213 (0.68)	150 (0.67)	91 (0.60)	85 (0.87)
Total energy intakes	1,847 (5.90)	1,854 (8.30)	597 (3.93)	357 (3.67)
Healthy Eating Index	1,847 (5.90)	1,854 (8.30)	597 (3.93)	357 (3.67)
Dietary intakes (FFQ)				
Fruits/vegetables	282 (0.90)	176 (0.79)	129 (0.85)	122 (1.26)
Bread	239 (0.76)	140 (0.63)	103 (0.68)	69 (0.71)
Meat	261 (0.83)	122 (0.55)	120 (0.79)	54 (0.56)
Caffeine use	376 (1.20)	212 (0.95)	179 (1.18)	128 (1.32)
Soda intake	472 (1.51)	287 (1.29)	333 (2.19)	246 (2.53)
Alcohol use	419 (1.34)	285 (1.28)	224 (1.47)	198 (2.04)
Alcohol use among drinkers	419/14,173	285/15,565	224/6,719	198/5,932

531 1. The data are presented as n (%), n denotes counts of missing, % denotes the fraction of missing data for each  
532 race-sex group, except for variable 'Alcohol use among drinkers, drinks/day'

533 2. Missing data for 'Alcohol use among drinker, drinks/day' was presented as n/N, n denotes counts of missing, N  
534 denotes number of participants who were identified as a drinker (>0 drinks/day).

535 3. '\*' denotes number of participants with at least one self-reported sleep duration

536 Supplemental Table 2a. Socio-demographic, medical, health risk, social and contextual characteristics of study participants (whites)

Variable	Sleep duration in males (h/day)					Sleep duration in females (h/day)				
	<5 h	5–6 h	7–8 h	≥9 h	p-value	<5 h	5–6 h	7–8 h	≥9 h	p-value
<b>Number of participants, n (%)</b>	565 (5.8)	2,744 (28.2)	5,194 (53.4)	1,216 (12.5)		1,046 (6.9)	4,495 (29.6)	7,649 (50.3)	2,010 (13.2)	
<b>Source of enrollment, n (%)</b>										
Community Health Center	535 (94.7)	2,080 (75.8)	3,022 (58.2)	882 (72.5)	< .0001	989 (94.6)	3,866 (86.0)	5,787 (75.7)	1,634 (81.3)	< .0001
General Population mailing	30 (5.3)	664 (24.2)	2,172 (41.8)	334 (27.5)		57 (5.4)	629 (14.0)	1,862 (24.3)	376 (18.7)	
<b>Age at enrollment, years</b>	50.1 (7.8)	52.9 (8.7)	55.1 (9.2)	55.2 (9.7)	< .0001	51.6 (8.1)	53.7 (9.1)	54.5 (9.2)	53.2 (9.0)	< .0001
<b>County of residence, n (%)</b>										
Rural	110 (19.5)	576 (21.0)	1,283 (24.7)	303 (24.9)	0.0002	227 (21.7)	1,097 (24.4)	1,938 (25.3)	473 (23.5)	0.0402
Urban	454 (80.5)	2,167 (79.0)	3,910 (75.3)	913 (75.1)		819 (78.3)	3,397 (75.6)	5,711 (74.7)	1,537 (76.5)	
<b>Education completed, n (%)</b>										
<9 years	73 (12.9)	245 (8.9)	356 (6.9)	142 (11.7)	< .0001	143 (13.7)	374 (8.3)	471 (6.2)	152 (7.6)	< .0001
9-11 years	125 (22.1)	427 (15.6)	566 (10.9)	201 (16.6)		251 (24.0)	869 (19.3)	1,065 (13.9)	352 (17.5)	
High school or equivalent	220 (38.9)	886 (32.3)	1,403 (27.0)	354 (29.2)		359 (34.3)	1,588 (35.3)	2,344 (30.6)	673 (33.5)	
Some college or junior college	107 (18.9)	689 (25.1)	1,299 (25.0)	300 (24.7)		235 (22.5)	1,178 (26.2)	2,100 (27.5)	542 (27.0)	
College graduate	40 (7.1)	495 (18.1)	1,565 (30.2)	217 (17.9)		58 (5.5)	484 (10.8)	1,668 (21.8)	290 (14.4)	
<b>Total household income per year, n (%)</b>										
<\$15,000	408 (72.9)	1,239 (45.7)	1,713 (33.6)	611 (50.9)	< .0001	767 (74.0)	2,416 (54.4)	3,067 (41.0)	1,106 (55.9)	< .0001
\$15,000 - \$24,999	89 (15.9)	539 (19.9)	787 (15.4)	205 (17.1)		154 (14.9)	947 (21.3)	1,438 (19.2)	376 (19.0)	
\$25,000 - \$49,999	42 (7.5)	454 (16.7)	967 (19.0)	202 (16.8)		87 (8.4)	648 (14.6)	1,448 (19.3)	283 (14.3)	

\$50,000+	21 (3.8)	481 (17.7)	1,635 (32.0)	183 (15.2)		29 (2.8)	427 (9.6)	1,535 (20.5)	213 (10.8)	
<b>Marital status, n (%)</b>										
Married/living with a partner	193 (34.4)	1,315 (48.7)	3,027 (60.0)	584 (49.0)	< .0001	358 (34.2)	1,897 (42.5)	3,699 (49.0)	852 (42.7)	< .0001
Divorced/separated	251 (44.7)	876 (32.5)	1,245 (24.7)	342 (28.7)		448 (42.8)	1,593 (35.7)	2,315 (30.7)	744 (37.3)	
Widowed	19 (3.4)	115 (4.3)	158 (3.1)	50 (4.2)		142 (13.6)	669 (15.0)	956 (12.7)	233 (11.7)	
Never been married	98 (17.5)	392 (14.5)	618 (12.2)	215 (18.1)		98 (9.4)	308 (6.9)	576 (7.6)	164 (8.2)	
<b>Body mass index (kg/m<sup>2</sup>), n (%)</b>										
<18.5	9 (1.6)	32 (1.2)	27 (0.5)	18 (1.5)	< .0001	24 (2.3)	99 (2.2)	116 (1.5)	27 (1.4)	< .0001
18.5-24.9	175 (31.3)	735 (27.0)	1,444 (28.0)	314 (26.0)		218 (21.2)	1,021 (23.0)	2,097 (27.7)	439 (22.2)	
25-29.9	176 (31.4)	980 (36.0)	2,057 (39.8)	386 (32.0)		272 (26.5)	1,171 (26.4)	2,035 (26.9)	501 (25.4)	
30-34.9	105 (18.8)	572 (21.0)	1,044 (20.2)	276 (22.9)		220 (21.4)	987 (22.2)	1,605 (21.2)	434 (22.0)	
35+	95 (17.0)	407 (14.9)	590 (11.4)	212 (17.6)		292 (28.5)	1,161 (26.2)	1,712 (22.6)	574 (29.1)	
<b>Currently Working, n (%)</b>										
Yes	106 (18.8)	1,095 (40.0)	2,491 (48.2)	324 (26.8)	< .0001	206 (19.8)	1,580 (35.4)	3,472 (45.6)	576 (28.7)	< .0001
No	457 (81.2)	1,640 (60.0)	2,681 (51.8)	887 (73.2)		834 (80.2)	2,889 (64.6)	4,137 (54.4)	1,429 (71.3)	
<b>Cigarette Smoking, n (%)</b>										
Current	351 (62.1)	1,281 (47.2)	1,761 (34.5)	505 (41.8)	< .0001	562 (53.8)	1,798 (40.2)	2,263 (29.8)	769 (38.5)	< .0001
Former	115 (20.4)	821 (30.2)	1,881 (36.9)	412 (34.1)		179 (17.1)	1,100 (24.6)	2,068 (27.2)	523 (26.2)	
Never	99 (17.5)	614 (22.6)	1,457 (28.6)	292 (24.2)		303 (29.0)	1,578 (35.3)	3,275 (43.1)	703 (35.2)	
<b>Sedentary behaviors, h/day</b>										
Sitting in a car or bus	1.5 ± 2.1	1.6 ± 1.9	1.4 ± 1.7	1.4 ± 1.8	0.0006	1.1 ± 1.7	1.2 ± 1.4	1.1 ± 1.3	1.1 ± 1.5	0.0756

Sitting at work	0.7 ± 2.0	1.4 ± 2.6	1.8 ± 2.7	1.1 ± 2.4	< .0001	0.6 ± 1.7	1.1 ± 2.3	1.7 ± 2.7	1.1 ± 2.3	< .0001
Watching television or movies	4.2 ± 3.7	3.5 ± 2.8	3.1 ± 2.4	4.2 ± 3.2	< .0001	4.0 ± 3.6	3.3 ± 2.6	3.0 ± 2.4	4.1 ± 3.1	< .0001
Using a home computer	0.5 ± 1.3	0.6 ± 1.3	0.7 ± 1.2	0.6 ± 1.2	0.0082	0.7 ± 1.5	0.7 ± 1.3	0.7 ± 1.2	0.7 ± 1.3	0.7209
Other sitting	2.2 ± 2.3	2.0 ± 1.9	1.9 ± 1.8	2.1 ± 2.1	< .0001	2.8 ± 2.5	2.4 ± 2.1	2.2 ± 1.8	2.6 ± 2.2	< .0001
<b>Total sedentary time, h/day</b>	9.1 ± 5.4	9.2 ± 5.0	8.9 ± 4.6	9.5 ± 5.0	0.0008	9.1 ± 5.6	8.7 ± 4.5	8.7 ± 4.2	9.6 ± 4.7	< .0001
<b>Sedentary behaviors, % of wake time</b>	66 ± 26	60 ± 24	61 ± 22	66 ± 23	< .0001	62 ± 23	58 ± 21	58 ± 19	64 ± 20	< .0001
<b>Household/occupational, h/day</b>										
Light	2.2 ± 2.4	2.8 ± 2.6	2.6 ± 2.4	2.3 ± 2.3	< .0001	3.1 ± 2.8	3.6 ± 2.8	3.5 ± 2.7	3.0 ± 2.5	< .0001
Moderate	2.0 ± 2.5	2.3 ± 2.3	2.2 ± 2.2	1.9 ± 2.1	< .0001	2.1 ± 2.1	2.4 ± 2.1	2.3 ± 1.9	2.1 ± 1.9	< .0001
Vigorous	1.1 ± 2.4	1.4 ± 2.4	1.1 ± 2.1	1.0 ± 2.0	< .0001	0.5 ± 1.4	0.5 ± 1.4	0.4 ± 1.2	0.4 ± 1.2	< .0001
<b>Walking, h/day</b>	4.2 ± 4.0	4.3 ± 3.7	3.8 ± 3.2	3.4 ± 3.3	< .0001	4.0 ± 3.7	4.2 ± 3.6	4.0 ± 3.3	3.6 ± 3.3	< .0001
Slow	3.2 ± 3.2	3.2 ± 2.9	2.9 ± 2.6	2.7 ± 2.7	< .0001	3.1 ± 2.9	3.2 ± 2.9	3.1 ± 2.7	2.8 ± 2.7	< .0001
Fast	1.0 ± 2.0	1.1 ± 1.9	0.9 ± 1.5	0.7 ± 1.5	< .0001	0.9 ± 1.9	1.0 ± 1.8	0.9 ± 1.5	0.8 ± 1.6	0.0012
<b>Total Walking, MET-h/day</b>	11.5 ± 11.3	11.8 ± 10.4	10.4 ± 8.9	9.3 ± 9.1	< .0001	10.9 ± 10.4	11.4 ± 10.1	10.9 ± 9.1	9.7 ± 9.3	< .0001
<b>Total Work, MET-h/day</b>	19.6 ± 23.6	23.6 ± 21.9	21.6 ± 19.1	18.4 ± 19.2	< .0001	18.6 ± 17.2	21.1 ± 16.7	19.7 ± 14.5	17.9 ± 14.7	< .0001
<b>Overall Activity, MET-h/day</b>	20.5 ± 24.4	25.0 ± 22.6	23.4 ± 19.6	19.5 ± 20.0	< .0001	19.3 ± 17.7	22.0 ± 17.3	20.8 ± 14.9	18.6 ± 15.3	< .0001
<b>Dietary Intake (FFQ)</b>										
Total energy, kcal/day	3,120.9 ± 1,597.7	2,889.6 ± 1,427.3	2,712.3 ± 1,274.7	2,858.9 ± 1,370.2	< .0001	2,064.7 ± 1,113.5	1,957.7 ± 995.3	1,873.8 ± 926.2	2,027.7 ± 1,013.3	< .0001
Total fat intake, g/day	116.6 ± 62.2	112.4 ± 58.0	105.2 ± 52.9	111.2 ± 57.2	< .0001	78.6 ± 46.5	75.5 ± 42.3	72.3 ± 39.1	78.1 ± 42.6	< .0001
Total saturated fat intake, g/day	36.9 ± 20.2	35.0 ± 18.8	32.5 ± 17.0	34.7 ± 18.4	< .0001	24.2 ± 14.7	23.4 ± 13.6	22.3 ± 12.4	24.3 ± 13.8	< .0001
Total protein intake, g/day	115.8 ± 59.6	110.5 ± 57.8	103.4 ± 51.7	108.2 ± 54.9	< .0001	78.4 ± 46.4	75.7 ± 42.4	73.2 ± 38.9	78.4 ± 43.9	< .0001
Total carbohydrate intake, g/day	345.8 ± 163.2	327.7 ± 154.4	314.7 ± 144.2	327.6 ± 150.2	< .0001	258.5 ± 134.8	244.6 ± 120.7	232.6 ± 113.1	251.1 ± 123.8	< .0001
Fruits and vegetables, servings/day	2.9 ± 2.1	2.9 ± 1.7	3.0 ± 1.6	2.9 ± 1.7	0.2307	3.1 ± 2.0	3.1 ± 1.9	3.3 ± 1.8	3.2 ± 2.0	< .0001

Bread, servings/day	1.7 ± 1.2	1.8 ± 1.0	1.9 ± 1.0	1.9 ± 1.1	0.0005	1.5 ± 1.0	1.7 ± 1.1	1.8 ± 1.0	1.8 ± 1.1	< .0001
Meat, servings/day	1.7 ± 1.1	1.7 ± 1.0	1.7 ± 0.9	1.8 ± 1.0	0.0251	1.3 ± 1.0	1.4 ± 0.9	1.5 ± 0.9	1.6 ± 1.0	< .0001
<b>Healthy Eating Index (HEI-2010), score</b>	51.5 ± 11.5	54.2 ± 12.0	56.9 ± 12.6	54.1 ± 11.6	< .0001	56.6 ± 12.2	57.8 ± 12.5	60.3 ± 12.7	57.5 ± 12.3	< .0001
<b>Caffeine use (regular coffee), times/day</b>	1.1 ± 1.2	1.2 ± 1.2	1.2 ± 1.2	1.1 ± 1.2	0.0042	1.0 ± 1.2	1.0 ± 1.2	1.0 ± 1.2	0.9 ± 1.1	0.0037
<b>Soda intake, times/day</b>	1.0 ± 1.3	1.1 ± 1.3	1.0 ± 1.2	1.1 ± 1.3	< .0001	1.3 ± 1.5	1.2 ± 1.4	1.0 ± 1.3	1.2 ± 1.4	< .0001
<b>Alcohol Use, n (%)</b>										
Yes	302 (54.2)	1611 (59.8)	3172 (62.5)	649 (54.2)	< .0001	368 (35.8)	1734 (39.1)	3530 (46.9)	863 (43.4)	< .0001
No	255 (45.8)	1,081 (40.2)	1,903 (37.5)	548 (45.8)		661 (64.2)	2,698 (60.9)	3,996 (53.1)	1,126 (56.6)	
<b>Alcohol, drinks/day</b>	5.7 ± 8.9	3.5 ± 6.4	2.6 ± 5.0	3.5 ± 6.4	< .0001	1.5 ± 4.3	1.0 ± 3.1	0.9 ± 2.7	1.2 ± 3.2	0.0001

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539 Supplemental Table 2b. Socio-demographic, medical, health risk, social and contextual characteristics of study participants (African Americans)

Variable	Sleep duration in males (h/day)					Sleep duration in females (h/day)				
	<5 h	5–6 h	7–8 h	≥9 h	p-value	<5 h	5–6 h	7–8 h	≥9 h	p-value
<b>Number of participants, n (%)</b>	1,258 (5.6)	6,300 (28.2)	10,123 (45.3)	4,653 (20.8)		2,061 (6.6)	9,296 (29.7)	14,244 (45.5)	5,695 (18.2)	
<b>Source of enrollment, n (%)</b>										
Community Health Center	1,199 (95.3)	5,714 (90.7)	9,224 (91.1)	4,216 (90.6)	< .0001	1,957 (95.0)	8,513 (91.6)	12,950 (90.9)	5,125 (90.0)	< .0001
General Population mailing	59 (4.7)	586 (9.3)	899 (8.9)	437 (9.4)		104 (5.0)	783 (8.4)	1,294 (9.1)	570 (10.0)	
<b>Age at enrollment, years</b>	50.4 (7.0)	50.7 (7.8)	51.1 (8.2)	51.0 (8.4)	0.0058	50.9 (8.0)	52.0 (8.7)	52.2 (9.0)	51.0 (8.6)	< .0001
<b>County of residence, n (%)</b>										
Rural	247 (19.6)	1,221 (19.4)	2,081 (20.6)	991 (21.3)	0.0769	484 (23.5)	2,257 (24.3)	3,866 (27.1)	1,492 (26.2)	< .0001
Urban	1,010 (80.4)	5,077 (80.6)	8,039 (79.4)	3,662 (78.7)		1,577 (76.5)	7,038 (75.7)	10,378 (72.9)	4,202 (73.8)	
<b>Education completed, n (%)</b>										
<9 years	133 (10.6)	497 (7.9)	842 (8.3)	486 (10.5)	< .0001	212 (10.3)	583 (6.3)	1,041 (7.3)	437 (7.7)	< .0001
9-11 years	337 (26.8)	1,380 (21.9)	2,468 (24.4)	1,313 (28.3)		586 (28.4)	1,985 (21.4)	3,076 (21.6)	1,386 (24.4)	
High school or equivalent	436 (34.7)	2,182 (34.7)	3,668 (36.2)	1,673 (36.0)		636 (30.9)	2,997 (32.3)	4,677 (32.9)	1,931 (33.9)	
Some college or junior college	256 (20.4)	1,598 (25.4)	2,228 (22.0)	890 (19.2)		482 (23.4)	2,619 (28.2)	3,722 (26.2)	1,454 (25.6)	
College graduate	94 (7.5)	640 (10.2)	915 (9.0)	284 (6.1)		144 (7.0)	1,104 (11.9)	1,717 (12.1)	482 (8.5)	
<b>Total household income per year, n (%)</b>										
<\$15,000	852 (68.8)	3,507 (56.3)	5,774 (57.6)	3,057 (66.3)	< .0001	1,418 (69.8)	5,234 (57.0)	8,025 (57.1)	3,590 (63.8)	< .0001
\$15,000 - \$24,999	223 (18.0)	1,340 (21.5)	2,261 (22.6)	886 (19.2)		393 (19.4)	2,178 (23.7)	3,316 (23.6)	1,237 (22.0)	
\$25,000 - \$49,999	125 (10.1)	910 (14.6)	1,286 (12.8)	489 (10.6)		168 (8.3)	1,269 (13.8)	1,904 (13.5)	608 (10.8)	

\$50,000+	38 (3.1)	473 (7.6)	697 (7.0)	178 (3.9)		52 (2.6)	495 (5.4)	808 (5.7)	192 (3.4)	
<b>Marital status, n (%)</b>										
Married/living with a partner	352 (28.0)	2,012 (32.1)	3,368 (33.4)	1,389 (30.0)	< .0001	421 (20.5)	2,517 (27.2)	4,019 (28.3)	1,455 (25.7)	< .0001
Divorced/separated	487 (38.7)	2,182 (34.8)	3,270 (32.5)	1,543 (33.3)		782 (38.1)	3,334 (36.0)	4,796 (33.8)	1,906 (33.6)	
Widowed	49 (3.9)	232 (3.7)	366 (3.6)	172 (3.7)		282 (13.7)	1,335 (14.4)	2,067 (14.6)	715 (12.6)	
Never been married	369 (29.4)	1,848 (29.5)	3,071 (30.5)	1,528 (33.0)		570 (27.7)	2,081 (22.5)	3,308 (23.3)	1,595 (28.1)	
<b>Body mass index (kg/m2), n (%)</b>										
<18.5	21 (1.7)	86 (1.4)	122 (1.2)	58 (1.3)	< .0001	26 (1.3)	88 (1.0)	142 (1.0)	71 (1.3)	< .0001
18.5-24.9	416 (33.3)	2,099 (33.5)	3,488 (34.7)	1,724 (37.4)		306 (15.1)	1,361 (14.9)	2,114 (15.1)	1,032 (18.4)	
25-29.9	407 (32.6)	2,172 (34.7)	3,650 (36.3)	1,548 (33.6)		498 (24.6)	2,260 (24.7)	3,674 (26.2)	1,406 (25.1)	
30-34.9	231 (18.5)	1,185 (18.9)	1,762 (17.5)	793 (17.2)		444 (22.0)	2,259 (24.7)	3,653 (26.1)	1,317 (23.5)	
>35	173 (13.9)	726 (11.6)	1,023 (10.2)	483 (10.5)		747 (37.0)	3,187 (34.8)	4,429 (31.6)	1,782 (31.8)	
<b>Currently Working, n (%)</b>										
Yes	344 (27.4)	2,608 (41.6)	4,130 (41.0)	1,461 (31.5)	< .0001	567 (27.7)	3,972 (42.9)	6,122 (43.2)	1,846 (32.6)	< .0001
No	912 (72.6)	3,668 (58.4)	5,954 (59.0)	3,171 (68.5)		1,482 (72.3)	5,277 (57.1)	8,046 (56.8)	3,819 (67.4)	
<b>Cigarette Smoking, n (%)</b>										
Current	740 (59.2)	3,459 (55.2)	5,577 (55.4)	2,822 (61.1)	< .0001	772 (37.6)	2,842 (30.7)	4,316 (30.5)	2,196 (38.8)	< .0001
Former	247 (19.8)	1,335 (21.3)	2,168 (21.5)	907 (19.6)		369 (18.0)	1,906 (20.6)	2,856 (20.2)	1,010 (17.9)	
Never	262 (21.0)	1,476 (23.5)	2,318 (23.0)	891 (19.3)		912 (44.4)	4,498 (48.6)	7,000 (49.4)	2,447 (43.3)	
<b>Sedentary behaviors, h/day</b>										
Sitting in a car or bus	1.6 ± 2.1	1.7 ± 2.1	1.7 ± 2.0	1.7 ± 2.2	0.2553	1.3 ± 1.7	1.4 ± 1.6	1.3 ± 1.6	1.4 ± 1.7	0.0055
Sitting at work	0.8 ± 2.0	1.3 ± 2.4	1.3 ± 2.4	1.1 ± 2.4	< .0001	0.9 ± 2.2	1.4 ± 2.5	1.5 ± 2.6	1.2 ± 2.4	< .0001

Watching television or movies	4.7 ± 3.9	3.9 ± 3.1	3.9 ± 2.8	4.7 ± 3.3	< .0001	4.2 ± 3.6	3.8 ± 2.9	3.7 ± 2.8	4.5 ± 3.3	< .0001
Using a home computer	0.3 ± 1.0	0.4 ± 1.0	0.3 ± 0.9	0.3 ± 0.9	< .0001	0.5 ± 1.2	0.5 ± 1.2	0.5 ± 1.1	0.4 ± 1.1	< .0001
Other sitting	2.1 ± 2.0	2.0 ± 1.9	2.0 ± 1.8	2.1 ± 2.0	< .0001	2.4 ± 2.2	2.4 ± 2.0	2.3 ± 2.0	2.6 ± 2.2	< .0001
<b>Total sedentary time, h/day</b>	9.5 ± 5.7	9.3 ± 5.2	9.2 ± 5.2	9.9 ± 5.6	< .0001	9.3 ± 5.6	9.5 ± 5.1	9.4 ± 5.0	10.2 ± 5.5	< .0001
<b>Sedentary behaviors, % of wake time</b>	63 ± 25	59 ± 23	59 ± 23	62 ± 24	< .0001	61 ± 22	59 ± 20	59 ± 19	61 ± 20	< .0001
<b>Household/occupational, h/day</b>										
Light	2.6 ± 2.8	2.8 ± 2.6	2.7 ± 2.6	2.6 ± 2.6	0.0010	3.2 ± 2.9	3.5 ± 2.8	3.5 ± 2.7	3.3 ± 2.6	< .0001
Moderate	2.1 ± 2.3	2.4 ± 2.3	2.4 ± 2.3	2.3 ± 2.4	< .0001	2.2 ± 2.1	2.4 ± 2.0	2.4 ± 2.0	2.4 ± 2.1	0.0048
Vigorous	1.2 ± 2.4	1.5 ± 2.5	1.5 ± 2.5	1.4 ± 2.5	< .0001	0.5 ± 1.5	0.5 ± 1.4	0.4 ± 1.3	0.4 ± 1.2	0.0001
<b>Walking, h/day</b>	4.5 ± 4.0	4.5 ± 3.8	4.5 ± 3.7	4.5 ± 3.9	0.8314	4.1 ± 3.7	4.2 ± 3.6	4.0 ± 3.4	3.9 ± 3.6	< .0001
Slow	3.3 ± 3.2	3.3 ± 3.0	3.2 ± 2.9	3.2 ± 2.9	0.2962	3.0 ± 2.9	3.1 ± 2.8	3.0 ± 2.8	2.9 ± 2.8	< .0001
Fast	1.2 ± 2.1	1.3 ± 2.0	1.3 ± 2.0	1.3 ± 2.1	0.7103	1.0 ± 1.9	1.0 ± 1.8	1.0 ± 1.8	1.0 ± 1.8	0.2665
<b>Total Walking, MET-h/day</b>	12.4 ± 11.5	12.5 ± 10.9	12.5 ± 10.7	12.4 ± 11.2	0.8998	11.1 ± 10.5	11.4 ± 10.2	10.9 ± 9.8	10.7 ± 10.4	0.0002
<b>Total Work, MET-h/day</b>	21.5 ± 22.7	24.7 ± 22.1	25.2 ± 22.3	23.7 ± 22.4	< .0001	19.4 ± 17.2	20.6 ± 15.7	20.2 ± 14.9	19.6 ± 15.4	0.0005
<b>Overall Activity, MET-h/day</b>	22.8 ± 23.5	26.4 ± 22.9	26.9 ± 23.3	25.2 ± 23.4	< .0001	20.1 ± 17.7	21.4 ± 16.2	21.0 ± 15.4	20.5 ± 16.1	0.0009
<b>Dietary Intake (FFQ)</b>										
Total energy, kcal/day	3,187.7 ± 1,683.1	3,123.9 ± 1,600.7	3,166.4 ± 1,624.1	3,270.6 ± 1,678.9	0.0001	2,501.6 ± 1,507.6	2,286.2 ± 1,293.5	2,297.3 ± 1,300.0	2,513.1 ± 1,435.4	< .0001
Total fat intake, g/day	116.9 ± 68.4	115.5 ± 64.6	117.5 ± 65.8	121.8 ± 68.7	< .0001	97.0 ± 64.3	88.3 ± 55.5	88.4 ± 55.8	97.5 ± 61.7	< .0001
Total saturated fat intake, g/day	35.1 ± 20.9	34.4 ± 19.6	35.1 ± 20.1	36.6 ± 21.0	< .0001	29.0 ± 19.8	26.1 ± 17.0	26.1 ± 17.1	29.0 ± 19.0	< .0001
Total protein intake, g/day	116.5 ± 67.6	114.2 ± 63.3	116.4 ± 64.4	120.4 ± 66.4	< .0001	95.1 ± 64.4	86.3 ± 53.7	87.2 ± 54.5	94.5 ± 59.5	< .0001
Total carbohydrate intake, g/day	363.4 ± 196.0	359.6 ± 184.2	368.0 ± 188.1	379.8 ± 198.6	< .0001	302.7 ± 175.7	282.0 ± 152.8	283.7 ± 152.9	304.1 ± 166.1	< .0001
Fruits and vegetables, servings/day	3.4 ± 2.4	3.3 ± 2.0	3.4 ± 2.0	3.6 ± 2.4	< .0001	3.7 ± 2.7	3.5 ± 2.1	3.6 ± 2.1	3.8 ± 2.4	< .0001
Bread, servings/day	1.9 ± 1.3	1.9 ± 1.1	1.9 ± 1.1	2.0 ± 1.2	< .0001	1.7 ± 1.2	1.7 ± 1.1	1.7 ± 1.1	1.9 ± 1.3	< .0001



Meat, servings/day	2.1 ± 1.2	2.1 ± 1.1	2.2 ± 1.1	2.3 ± 1.2	< .0001	1.9 ± 1.4	1.9 ± 1.0	2.0 ± 1.1	2.1 ± 1.2	< .0001
<b>Healthy Eating Index (HEI 2010), score</b>	54.0 ± 11.5	55.0 ± 11.2	55.3 ± 11.0	54.8 ± 10.7	0.0003	58.0 ± 11.6	59.9 ± 12.0	60.4 ± 11.8	58.7 ± 11.3	< .0001
<b>Caffeine use (regular coffee), times/day</b>	0.5 ± 0.8	0.5 ± 0.8	0.5 ± 0.8	0.4 ± 0.7	< .0001	0.4 ± 0.8	0.4 ± 0.8	0.4 ± 0.7	0.4 ± 0.7	< .0001
<b>Soda intake, times/day</b>	0.8 ± 1.1	0.8 ± 1.1	0.8 ± 1.0	0.8 ± 1.0	0.0264	0.9 ± 1.2	0.8 ± 1.1	0.8 ± 1.1	0.9 ± 1.2	< .0001
<b>Alcohol Use, n (%)</b>										
Yes	878 (70.4)	4,293 (69.0)	7,001 (70.0)	3,108 (67.8)	0.0525	900 (44.2)	3,989 (43.4)	6,188 (44.0)	2,677 (47.8)	< .0001
No	369 (29.6)	1,925 (31.0)	3,002 (30.0)	1,473 (32.2)		1,136 (55.8)	5,193 (56.6)	7,869 (56.0)	2,925 (52.2)	
<b>Alcohol, drinks/day</b>	4.9 ± 7.5	4.1 ± 6.4	3.9 ± 6.1	4.1 ± 6.2	< .0001	2.3 ± 5.0	1.6 ± 4.0	1.5 ± 3.9	2.1 ± 4.5	< .0001

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542 Supplemental Table 3. Associations of sleep duration and dietary intakes, stratified by race and sex

Variable <sup>1</sup>	African American		White	
	Male	Female	Male	Female
<b>Very short sleep (&lt; 5 h/day) – OR (95% CI)</b>				
Fruits/vegetables	1.01 (0.97, 1.05)	1.03 (1.00, 1.06)*	1.04 (0.98, 1.10)	1.05 (1.01, 1.10)*
Breads/cereals	1.04 (0.98, 1.12)	0.94 (0.89, 1.00)*	0.96 (0.86, 1.08)	0.80 (0.73, 0.87)***
Meat	0.87 (0.81, 0.93)***	0.87 (0.82, 0.92)***	0.88 (0.78, 0.99)*	0.80 (0.73, 0.89)***
<b>Short sleep (5 – 6 h/day) – OR (95% CI)</b>				
Fruits/vegetables	0.99 (0.97, 1.01)	0.99 (0.98, 1.01)	1.01 (0.98, 1.05)	1.01 (0.99, 1.04)
Breads/cereals	1.00 (0.97, 1.04)	1.00 (0.97, 1.03)	0.93 (0.88, 0.99)*	0.93 (0.89, 0.97)**
Meat	0.94 (0.91, 0.98)**	0.92 (0.89, 0.95)***	0.96 (0.90, 1.02)	0.93 (0.88, 0.98)**
<b>Long sleep (≥ 9 h/day) – OR (95% CI)</b>				
Fruits/vegetables	1.03 (1.01, 1.05)**	1.01 (1.00, 1.03)	1.00 (0.95, 1.05)	1.01 (0.98, 1.04)
Breads/cereals	1.05 (1.01, 1.09)*	1.02 (0.99, 1.06)	0.98 (0.91, 1.06)	0.97 (0.91, 1.02)
Meat	1.06 (1.02, 1.10)**	1.06 (1.03, 1.10)***	1.08 (1.00, 1.17)	1.04 (0.97, 1.10)

543 <sup>1</sup>. Adjusted for age at enrollment (restricted cubic spline), education, marital status, household income, coffee  
544 consumption, beverages intake, HEI, total energy intake, smoking status, alcohol use, BMI, time spent in sitting  
545 behaviors, total work (light, moderate and strenuous), hypertension, CVD or stroke, diabetes, COPD, asthma,  
546 depression, and cancer, hormone replacement therapy (only in females).

547 <sup>2</sup>. All dietary intake items were measured by servings and treated as continuous variables in the models. The ORs  
548 for this section, using meat intake and very short sleep in AA males as an example (OR=0.87, 95% CI, 0.81 –  
549 0.93), should be interpreted as the odds of having very short sleep for AA males decreased by 13% with each  
550 additional serving of meat intake.

551 <sup>3</sup>. \* P<0.05; \*\* P<0.01; \*\*\*P<0.001.

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