Supplemental Table 1. Age-standardized Sociodemographic, Health Behavior, and Clinical Characteristics [a] of Women 18-49 Years of Age (*n*=71,644), By Educational Attainment and Race/Ethnicity, National Health Interview Survey, 2004-2017

	Overall		Non-Hispanic whites		Non-Hispanic blacks		Hispanics/Latinas	
	≤High School n=21,161	>High School n=50,483	≤High School n=12,540	>High School n=37,119	≤High School n=5,145	>High School n=8,223	≤High School n=3,476	>High School n=5,141
Mean age ± SE	34 ±0.09	34 ± 0.09	34 ± 0.11	34 ± 0.10	33 ± 0.16	33 ± 0.16	31 ± 0.18	32 ± 0.16
Age-Standardized Distribution (%)								
Pregnant (Yes)	4	3	3	3	4	2	4	3
Marital status								
Married	38	44	45	48	15	21	38	40
Divorced/separated/or widowed	23	16	24	15	19	20	23	18
Never married	40	40	32	37	65	59	40	41
Class of worker								
Private wage	85	75	86	75	84	73	85	73
Government	10	20	8	19	13	24	12	22
Self-employed [b]	5	5	6	6	3	3	3	4
Occupational class								
Professional/management	7	21	8	22	4	17	7	19
Support services	59	67	58	67	57	70	64	71
Laborers	34	12	33	11	39	14	29	10
Annual household income <$35K (yes)	54	31	47	28	78	48	56	34
Living in poverty (yes)	30	14	23	12	49	23	33	16
Sleep duration, hours								
<7	35	31	35	28	36	43	35	36
7-9	60	67	60	70	57	54	60	62
>9	5	2	5	2	7	3	5	2
Trouble falling asleep (yes) [c]	47	44	50	44	42	41	45	45
Trouble staying asleep (yes) [c]	44	44	46	45	38	40	40	38
Woke up most (≥4) days feeling rested (No) [c]	51	47	54	47	45	49	49	47
Took sleep medication ≥ once in prior week (yes) [c]	16	14	17	15	13	12	14	13
Smoking status								

Never	48	68	40	66	63	80	68	75
Current	14	15	16	17	8	6	11	12
Former	38	17	44	18	29	14	21	13
Alcohol consumption								
Never	21	13	17	10	33	23	25	16
Current	14	8	14	8	11	9	13	9
Former	65	79	69	81	56	67	62	75
Physical activity								
None/unable	40	19	37	16	51	32	42	23
Moderate	23	27	23	27	19	26	22	26
High	37	54	40	57	30	42	36	50
Weight, kg/m²								
Underweight/normal, <25	39	50	44	54	26	30	31	40
Overweight, ≥25-<30	27	25	26	24	27	28	29	28
Obese, ≥30	35	25	30	22	47	41	40	32
Clinical characteristics								
Hypertension	18	12	16	11	27	22	14	11
Diabetes [f]	5	3	4	2	6	5	7	3
Heart disease	6	5	6	5	5	4	4	4
Cancer	5	4	6	5	2	2	3	3
Depressive symptoms (most/all of the time)	6	2	5	2	8	3	7	3
Health status								
Excellent/very good	55	75	58	78	49	65	54	68
Good	30	19	29	18	32	26	31	25
Fair/poor	14	6	13	5	19	9	14	7

Abbreviations: GED, General Education Diploma; SE, Standard error

[a] Unweighted frequencies; weighted percentages and means. Some columns may not add to 100% due to rounding.

[b] Self-employed includes work without pay.

[c] Data available from 2013 to 2017(N=26,615).

[f] Includes type 1 and 2 diabetes mellitus; does not include gestational diabetes.

Supplemental Table 2. Prevalence Ratios and 95% Confidence Intervals of Sleep Characteristics for Pregnant compared to non-Pregnant Women, overall and by Race/Ethnicity, National Health Interview Survey, 2004-2017

	Model 1 [a] (Age)	Model 2 [b] (Socio-demographics)	Model 3 [c] (Health Characteristics)
2004-2017, N = 69,382			
Short sleep duration (<7 hours) [d]			
Overall	0.70 (0.64-0.77)	0.74 (0.68-0.81)	0.75 (0.68-0.82)
Whites	0.69 (0.61-0.78)	0.73 (0.65-0.81)	0.73 (0.65-0.82)
Blacks	0.74 (0.61-0.90)	0.73 (0.60-0.88)	0.75 (0.62-0.91)
Hispanics/Latinas	0.74 (0.59-0.93)	0.74 (0.59-0.94)	0.77 (0.61-0.97)
2004-2017, N = 48,342			
Long sleep duration (>9 hours) [e]			
Overall	2.02 (1.71-2.38)	2.12 (1.80-2.51)	2.06 (1.74-2.43)
Whites	2.06 (1.67-2.55)	2.25 (1.82-2.78)	2.15 (1.74-2.67)
Blacks [f]	1.80 (1.33-2.44)	1.70 (1.25-2.31)	1.71 (1.27-2.30)
Hispanics/Latinas [f]	2.17 (1.47-3.20)	2.04 (1.36-3.04)	2.04 (1.37-3.05)
2013-2016, N = 26,615			
Trouble falling asleep			
Overall	0.95 (0.87-1.04)	0.98 (0.90, 1.08)	1.02 (0.94-1.12)
Whites	0.91 (0.82-1.02)	0.96 (0.87, 1.07)	0.99 (0.89-1.09)
Blacks [f]	1.17 (0.95-1.45)	1.18 (0.94, 1.48)	1.26 (1.03-1.53)
Hispanics/Latinas [f]	0.92 (0.71-1.19)	0.94 (0.72, 1.21)	1.02 (0.81-1.29)
Trouble staying asleep			
Overall	1.31 (1.22- 1.40)	1.31 (1.22-1.41)	1.34 (1.25-1.44)
Whites	1.33 (1.23-1.43)	1.34 (1.25-1.44)	1.36 (1.27-1.46)
Blacks	1.28 (1.04-1.57)	1.28 (1.04-1.58)	1.33 (1.08-1.64)
Hispanics/Latinas	1.14 (0.91-1.44)	1.14 (0.90-1.44)	1.23 (1.00-1.51)
Did not wake up most (≥4) days feeling rested			
Overall	1.05 (0.97-1.14)	1.04 (0.96-1.13)	1.05 (0.97-1.14)
Whites	1.03 (0.93-1.13)	1.02 (0.93-1.12)	1.02 (0.93-1.12)
Blacks	1.18 (0.99-1.40)	1.15 (0.95-1.39)	1.19 (1.00-1.41)
Hispanics/Latinas	1.06 (0.85-1.32)	1.05 (0.83-1.32)	1.08 (0.87-1.34)
Took sleep medication in prior week			
Overall [f]	0.49 (0.35-0.68)	0.51 (0.37-0.71)	0.54 (0.40-0.74)
Whites [f]	0.40 (0.27-0.60)	0.44 (0.30-0.65)	0.45 (0.31-0.64)
Blacks [f]	0.87 (0.40-1.88)	0.86 (0.39-1.89)	0.98 (0.46-2.09)
Hispanics/Latinas [f]	0.68 (0.31-1.51)	0.70 (0.31-1.54)	0.82 (0.38-1.77)

[a] Model 1 is adjusted for continuous age in years.
[b] Model 2 is adjusted for age plus marital status, educational attainment, occupational class, and household income.
[c] Model 3 is adjusted for model 2 variables plus smoking status, alcohol consumption, physical activity, self-rated health status, hypertension, diabetes, heart disease, cancer, and depressive symptoms.
[d] Analysis excludes those who reported >9 hours of sleep.
[e] Analysis excludes those who reported <7 hours of sleep.

[f] Fewer than 50 participants in a cell of the crosstab between pregnancy status and the sleep outcome.

Supplemental Table 3. Interaction *P*-values for Stratified Analyses of Sleep Characteristics for Pregnant Versus Non-pregnant Women.

	Model 1 [a] (Age)	Model 2 [b] (Socio-demographics)	Model 3 [c] (Health characteristics)
Short sleep duration (<7 hours)			
pregnancy*race/ethnicity	0.9295	0.9403	0.9502
pregnancy*age group [d]	0.0971	**0.0253**	0.0561
pregnancy*race/ethnicity*age group [d]	0.2391	0.1933	0.2327
Long sleep duration (>9 hours)			
pregnancy*race/ethnicity	0.8015	0.3770	0.5214
pregnancy*age group [d]	**0.0118**	0.1268	0.1095
pregnancy*race/ethnicity*age group [d]	0.8115	0.7664	0.8562
Trouble falling asleep (yes)			
pregnancy*race/ethnicity	0.1256	0.2833	0.1280
pregnancy* age group [d]	0.4097	0.5317	0.4791
pregnancy*race/ethnicity*age group [d]	0.7273	0.6900	0.6127
Trouble staying asleep (yes)			
pregnancy*race/ethnicity	0.2480	0.1938	0.3926
pregnancy*age group [d]	0.4277	0.3195	0.3338
pregnancy*race/ethnicity*age group [d]	0.2700	0.2812	0.2141
Did not wake up most (≥4) days feeling rested (yes)			
pregnancy*race/ethnicity	0.4113	0.5582	0.3333
pregnancy*age group [d]	0.7449	0.5068	0.5564
pregnancy*race/ethnicity*age group [d]	0.6236	0.6572	0.6281
Took sleep medication in prior week (yes)			
pregnancy*race/ethnicity	0.1466	0.2174	0.0977
pregnancy*age group [d]	0.8038	0.8600	0.6430
pregnancy*race/ethnicity*age group [d]	**<0.0001**	**<0.0001**	**<0.0001**

[a] Model 1 is adjusted for continuous age in years.

[b] Model 2 is adjusted for age plus marital status, educational attainment, occupational class, and household income.

[c] Model 3 is adjusted for model 2 variables plus smoking status, alcohol consumption, physical activity, self-rated health status, hypertension, diabetes, heart disease, cancer, and depressive symptoms.

[d] Age group dichotomized as <35 years vs. 35+ years.

Supplemental Table 4. Prevalence Ratios and 95% Confidence Intervals of Sleep Characteristics comparing Non-Hispanic black and Hispanic/Latina to Non-Hispanic white Participants by Pregnancy Status, National Health Interview Survey, 2004-2017

	Model 1 [a] (Age)	Model 2 [b] (Socio-demographics)	Model 3 [c] (Health characteristics)
2004-2017, N = 69,382			
Short sleep duration (<7 hours) [d]			
Pregnant Women			
Whites	Reference	Reference	Reference
Blacks	1.49 (1.19-1.86)	1.29 (1.03-1.61)	1.35 (1.08-1.67)
Hispanics/Latinas	1.29 (0.99-1.66)	1.15 (0.89-1.49)	1.22 (0.95-1.57)
Non-Pregnant Women			
Whites	Reference	Reference	Reference
Blacks	1.38 (1.34-1.43)	1.29 (1.25-1.33)	1.31 (1.26-1.35)
Hispanics/Latinas	1.19 (1.15-1.24)	1.13 (1.08-1.17)	1.15 (1.11-1.20)
2004-2017, N = 48,342			
Long sleep duration (>9 hours) [e]			
Pregnant Women [f]			
Whites	Reference	Reference	Reference
Blacks	1.75 (1.25-2.44)	1.06 (0.74-1.50)	1.10 (0.78-1.55)
Hispanics/Latinas	1.34 (0.89-2.01)	0.89 (0.59-1.34)	0.96 (0.63-1.45)
Non-Pregnant Women			
Whites	Reference	Reference	Reference
Blacks	2.00 (1.77-2.25)	1.40 (1.23-1.59)	1.39 (1.22-1.59)
Hispanics/Latinas	1.27 (1.09-1.49)	0.98 (0.83-1.15)	1.01 (0.86-1.19)
2013-2016, N = 26,615			
Trouble falling asleep (yes)			
Pregnant Women [f]			
Whites	Reference	Reference	Reference
Blacks	1.17 (0.94-1.46)	1.02 (0.80-1.29)	1.09 (0.88-1.34)
Hispanics/Latinas	1.00 (0.76-1.32)	0.93 (0.71-1.23)	1.01 (0.79-1.29)
Non-Pregnant Women			
Whites			
Blacks	0.91 (0.87-0.95)	0.83 (0.79-0.88)	0.85 (0.81-0.90)
Hispanics/Latinas	1.00 (0.95-1.05)	0.96 (0.91-1.01)	0.98 (0.93-1.03)
Trouble staying asleep (yes)			
Pregnant Women [f]			
Whites	Reference	Reference	Reference
Blacks	0.83 (0.67-1.03)	0.80 (0.64-0.99)	0.84 (0.68-1.04)
Hispanics/Latinas	0.76 (0.60-0.96)	0.74 (0.58-0.94)	0.79 (0.64-0.98)
Non-Pregnant Women			
Whites	Reference	Reference	Reference
Blacks	0.87 (0.82-0.91)	0.84 (0.79-0.89)	0.86 (0.81-0.91)
Hispanics/Latinas	0.88 (0.83-0.93)	0.87 (0.82-0.92)	0.88 (0.83-0.93)
Did not wake up most (≥4) days feeling rested (yes)			
Pregnant Women			
Whites	Reference	Reference	Reference

Blacks	1.13 (0.93-1.36)	1.07 (0.87-1.31)	1.13 (0.93-1.36)
Hispanics/Latinas	1.03 (0.82-1.30)	0.99 (0.78-1.26)	1.04 (0.83-1.31)
Non-Pregnant Women			
Whites	Reference	Reference	Reference
Blacks	0.98 (0.94-1.02)	0.95 (0.91-0.99)	0.97 (0.92-1.01)
Hispanics/Latinas	1.00 (0.95-1.05)	0.97 (0.92-1.02)	0.99 (0.94-1.04)
Took sleep medication in prior week (yes)			
Pregnant Women [f]			
Whites	Reference	Reference	Reference
Blacks	1.77 (0.75-4.19)	1.39 (0.58-3.34)	1.59 (0.68-3.71)
Hispanics/Latinas	1.49 (0.62-3.59)	1.30 (0.54-3.11)	1.56 (0.68-3.60)
Non-Pregnant Women			
Whites	Reference	Reference	Reference
Blacks	0.82 (0.74-0.91)	0.71 (0.64-0.79)	0.73 (0.65-0.81)
Hispanics/Latinas	0.88 (0.78-1.00)	0.82 (0.72-0.93)	0.85 (0.75-0.96)

[a] Model 1 is adjusted for continuous age in years.
[b] Model 2 is adjusted for age plus marital status, educational attainment, occupational class, and household income.
[c] Model 3 is adjusted for model 2 variables plus smoking status, alcohol consumption, physical activity, self-rated health status, hypertension, diabetes, heart disease, cancer, and depressive symptoms.
[d] Analysis excludes those who reported >9 hours of sleep.
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[f] Fewer than 50 participants in a cell of the crosstab between race-ethnicity and the sleep outcome.