Supplementary Information A

Descriptive statistics of US adults according to the US Census Bureau.

Variable	Category	%
Age	18-29	20.50%
	30-44	25.20%
	45-59	24.50%
	60+	29.80%
Gender	Male	48.30%
	Female	51.70%
Education	Less than high school diploma	9.80%
	High school diploma or equivalent	28.20%
	Some college/ associates	27.70%
	Bachelor's degree or above	34.30%
Race/Ethnicity	White, non-Hispanic	62.80%
	Black, non-Hispanic	11.90%
	Hispanic	16.70%
	Asian, non-Hispanic	6.40%
	Other	2.20%

Instruction: For each of the following items, please tell me to what degree you felt each of the below when you woke up today, compared to before you went to sleep. <u>Last night's sleep</u> left me feeling…

	Not at all	*A little bit*	*Somewhat*	*Very much*	*Completely*
	1	*2*	*3*	*4*	*5*
RSQ 1. …Tired (R)					
RSQ 2. …Sleepy(R)					
RSQ 3. …In a good mood					
RSQ 4. …Rested					
RSQ 5. …Refreshed					
RSQ 6. …Ready to start the day					
RSQ 7. …Energetic					
RSQ 8. …Mentally alert					
RSQ 9. …Grouchy (R)					

<u>Scoring</u>: A total score on the REST-Q is calculated using the below formula. Scores range from 0 to 100. Total scores are then categorized into three levels: responses from 0 to 49.99 are assigned a label of "low;" responses from 50 to 74.99 are assigned a label of "somewhat;" and responses from 75 to 100 are assigned a label of "high" on the REST-Q.

$$\left[\left(\frac{RSQ1 + RSQ2 + RSQ3 + RSQ4 + RSQ5 + RSQ6 + RSQ7 + RSQ8 + RSQ9}{9}\right) - 1\right] \times 25$$

Supplementary Information C
Results from the weighted logistic regressions examining the relationships between demographic factors and restorative sleep as scored on the REST-Q (low, somewhat, high).

| | | REST-Q Score | | | |
| | | *95 % Confidence Interval* | | | |
Variable	**Category**	*Odds Ratio*	*Lower*	*Upper*	*P-Value*
Gender	Male	Reference			
	Female	1.27	0.88	1.83	0.192
Age	18-29	Reference			
	30-44	1.02	0.43	2.43	0.959
	45-59	1.79	0.82	3.91	0.140
	60+	**4.20**	**1.92**	**9.17**	**0.000**
Race/Ethnicity	White, non-Hispanic	Reference			
	Black, non-Hispanic	0.90	0.49	1.66	0.736
	Other, non-Hispanic	1.08	0.25	4.72	0.916
	Hispanic	0.71	0.42	1.22	0.216
	More than one	0.64	0.15	2.73	0.547
	Asian, non-Hispanic	1.09	0.37	3.21	0.877
Education	Less than high school diploma	Reference			
	High school diploma or equivalent	0.54	0.20	1.43	0.213
	Some college/ associates	0.60	0.25	1.45	0.255
	Bachelor's degree	0.84	0.33	2.13	0.705
	Grad/professional degree	1.13	0.45	2.81	0.800
Marital Status	Married	Reference			
	Widowed	**2.35**	**1.01**	**5.42**	**0.046**
	Divorced	1.58	0.91	2.74	0.102
	Separated	0.93	0.37	2.36	0.886
	Never married	0.60	0.33	1.09	0.092
	Living with partner	0.68	0.31	1.50	0.335
Employment Status	Working (paid employee)	Reference			
	Working (self)	0.80	0.36	1.79	0.584
	Not working (temporary layoff)	0.48	0.10	2.29	0.354
	Not working (looking for work)	0.34	0.08	1.46	0.147
	Not working (retired)	**2.02**	**1.30**	**3.14**	**0.002**
	Not working (disabled)	0.76	0.30	1.92	0.565
	Not working (other)	**0.36**	**0.15**	**0.89**	**0.027**
Household Income	Less than $30,000	Reference			
	$30,000 to under $60,000	1.36	0.74	2.49	0.317
	$60,000 to under $100,000	1.41	0.85	2.32	0.178
	$100,000 or more	1.54	0.89	2.66	0.120
Urban versus Rural	Non-Metro Area	Reference			
	Metro Area	1.11	0.73	1.68	0.639
Internet Access	No home access	Reference			
	Home access	1.18	0.72	1.94	0.517
Home Ownership	Owned	Reference			
	Rented for cash	**0.65**	**0.43**	**0.97**	**0.034**
	Occupied without payment	**0.32**	**0.10**	**1.00**	**0.049**
Household Size	I live by myself	Reference			
	2 persons	0.94	0.56	1.57	0.814
	3 persons	**0.51**	**0.29**	**0.87**	**0.014**
	4 persons	**0.39**	**0.24**	**0.64**	**0.000**
	5 persons	**0.17**	**0.07**	**0.40**	**0.000**
	+6 persons	0.49	0.19	1.26	0.139

Notes.
Bold indicates significance at the p<0.05 level.

The outcome variable was dichotomized, coded so that 1 represents a score of "high" on the REST-Q and 0 represents a score of "low" or "somewhat" on the REST-Q.