STUDY (AUTHOR, YEAR):

Sleep in ADULT type 1 diabetes patients VS control

Baseline characteristics of the patients

	Type 1 diabetes	Control subjects
Number of patients		
Age, mean		
% Male		
BMI (kg/m^2), mean		
Diabetes duration (years)		
HbA1c (mean)		

SLEEP DURATION IN T1DM VS. NORMAL

Method of sleep duration measurement:

☐ Questionnaire (specify name of questionnaire) _____

☐ Actigraphy ☐ PSG

1. Sleep duration as a continuous variable

	N	Sleep duration (Mean)	Sleep duration (SD)
T1DM			
Controls			

2. Sleep duration as a categorical variable

Sleep duration	≤5 h	>5-≤6 h	>6-≤7 h	>7-≤ 8 h	>8-≤9 h	> 9 h
T1DM (N)						
Controls (N)						

SLEEP QUALITY IN T1DM VS NORMAL

Method of sleep quality measurement

☐ Questionnaire (please specify name of questionnaire)

☐ Actigraphy (sleep efficiency)

☐ PSG (sleep efficiency)

1. Sleep quality as a continuous variable: Standardized score

	N	Sleep quality (Mean)	Sleep quality (SD)
T1DM			
Controls			

2. Sleep quality as a categorical variable

Poor sleep quality defined as (please fill)_____

	Poor sleep quality	Good sleep quality
T1DM (N)		
Controls		

OSA IN T1DM VS NORMAL

Method of OSA measurement

- ☐ Questionnaire
- ☐ XPSG
- ☐ Other (please specify i.e. apnea link, oximetry)_____

1. Severity of OSA as continuous variable

	N	Apnea Hypopnea Index (mean)	Apnea Hypopnea Index (SD)
T1DM			
Controls			

2. OSA as categorical variable

OSA present is defined as

- ☐ High Risk by Questionnaire
- ☐ AHI ≥ 5
- ☐ Other (please define) _____

	OSA present	OSA Absent
T1DM (N)		
Controls (N)		

SLEEP STAGES IN T1D VS NORMAL

Stage		N	% stage (mean)	% stage (SD)
1	T1DM			
	Controls			
2	T1DM			
	Controls			
3	T1DM			
	Controls			

STUDY (AUTHOR, YEAR)

Relationship between sleep and glycemia

Definition of good glycemic control : **HbA1c <7%**

Definition of poor glycemic control: **HbA1c ≥ 7%**

Baseline characteristics of the patients

	ALL	**Good Glycemic control (HbA1c <7%)**	**Poor Glycemic Control (HbA1c ≥ 7%)**
Number of patients			
Age, mean			
% Male			
BMI (kg/m^2), mean			
Diabetes duration (years)			
HbA1c, mean			

SLEEP DURATION AND GLYCEMIA

Method of sleep duration measurement:

☐ Questionnaire ☐ Actigraphy ☐ PSG

1. Sleep duration as a continuous variable

	N	Mean Sleep Duration	SD Sleep Duration	Note
HbA1c <7%				
HbA1c ≥7%				

2. Sleep duration as a categorical vs dichotomous/ continuous HbA1c

Glycemic control	Dichotomous		HbA1c levels (continuous)		
Sleep duration (h)	HbA1c <7% (N)	HbA1c≥7% (N)	N	Mean HbA1c	SD HbA1c
≤ 5					
>5- ≤ 6					
>6 -≤ 7					
>7 - ≤8					
>8- ≤9					
>9					

SLEEP QUALITY AND GLYCEMIA

Method of sleep quality measurement

- ☐ Questionnaire (please specify name of questionnaire)__ _____
- ☐ Actigraphy (sleep efficiency)
- ☐ PSG (sleep efficiency)

1. Sleep quality as continuous variable

	N	Sleep quality (mean)	Sleep quality (SD)
HbA1c <7%			
HbA1c >= 7%			

2. Sleep quality as a categorical vs dichotomous/ continuous HbA1c

Poor sleep quality defined as (please fill)_____

Glycemic control	Dichotomous		HbA1c levels (continuous)		
	HbA1c <7% (N)	HbA1c≥7% (N)	N	Mean HbA1c	SD HbA1c
Poor sleep quality					
Good sleep quality					

OBSTRUCTIVE SLEEP APNEA (OSA) AND GLYCEMIA

Method of OSA measurement

- ☐ Questionnaire
- ☐ PSG
- ☐ Other (please specify i.e. apnea link, oximetry)_____

1. OSA severity as continuous variable

	N	HbA1c mean	HbA1c SD
AHI <5			
AHI 5-15			
AHI 15-30			
AHI >=30			

	N	AH(mean)	AHI (SD)
HbA1c <7%			
HbA1c ≥ 7%			

2. OSA as categorical variable

OSA defined as
- ☐ AHI ≥ 5
- ☐ High Risk by Berlin Questionnaire
- ☐ Other (please define) _____

	N	Mean HbA1c	SD HbA1c
OSA present			
OSA absent			

SLEEP STAGES AND GLYCEMIA

Sleep measured by

☐ PSG

☐ Other (please specify)_____

Sleep stages as continuous variables

Stage		N	% Stage (mean)	% Stage (SD)
1	HbA1c <7%			
	HbA1c ≥ 7%			
2	HbA1c <7%			
	HbA1c ≥ 7%			
3	HbA1c <7%			
	HbA1c ≥ 7%			

STUDY (AUTHOR, YEAR):_____

Sleep in Children: type 1 diabetes patients VS control

Baseline characteristics of the patients

	Type 1 diabetes	Control subjects
Number of patients		
Age, mean		
% Male		
BMI (kg/m^2), mean or z-score		
Diabetes duration (years)		N/A
HbA1c (mean)		N/A

SLEEP DURATION IN T1DM VS. Control

Method of sleep duration measurement:

☐ Questionnaire (specify name of questionnaire) _____

☐ Actigraphy ☐ PSG

1. **Sleep duration as a continuous variable**

	N	Sleep duration (Mean)	Sleep duration (SD)
T1DM			
Controls			

2. **Sleep duration as a categorical variable**

Sleep duration	≤8 h	>8-≤9 h	>9-≤ 10 h	>10-≤11 h	> 11 h
T1DM (N)					
Controls (N)					

SLEEP QUALITY IN T1DM VS Control

Method of sleep quality measurement

☐ Questionnaire (please specify name of questionnaire)_____

☐ Actigraphy (sleep efficiency)

☐ PSG (sleep efficiency)

1. **Sleep quality as a continuous variable**

	N	Sleep quality (Mean)	Sleep quality (SD)
T1DM			
Controls			

2. **Sleep quality as a categorical variable**

Poor sleep quality defined as (please fill)_____

	Poor sleep quality	Good sleep quality
T1DM (N)		
Controls		

OSA IN T1DM VS Control

Method of OSA measurement

- ☐ Questionnaire
- ☐ PSG
- ☐ Other (please specify i.e. apnea link, oximetry)_____

1. Severity of OSA as continuous variable

	N	Apnea Hypopnea Index (mean)	Apnea Hypopnea Index (SD)
T1DM			
Controls			

2. OSA as categorical variable

OSA present is defined as

- ☐ High Risk by Questionnaire
- ☐ AHI ≥ 1.5
- ☐ Other (please define) _____

	OSA present	OSA Absent
T1DM (N)		
Controls (N)		

SLEEP STAGES IN T1D VS Control

Stage		N	% stage (mean)	% stage (SD)
1	T1DM			
	Controls			
2	T1DM			
	Controls			
3	T1DM			
	Controls			

STUDY (AUTHOR, YEAR)

Relationship between sleep and glycemia in children

Definition of good glycemic control : **HbA1c <7.5%**

Definition of poor glycemic control: **HbA1c ≥ 7.5%**

Baseline characteristics of the patients

	Good Glycemic control (HbA1c <7.5%)	**Poor Glycemic Control (HbA1c ≥ 7.5%)**	**Total sample**
Number of patients			
Age, mean			
% Male			
BMI (kg/m^2), mean or z-score			
Diabetes duration (years)			
HbA1c (mean)			

Relationship between sleep duration and glycemia in T1D children

Baseline characteristics of the patients

Characteristics	**AGE 6-13 yrs**	**AGE >13-17**
	N =	**N=**
% Male		
BMI (kg/m^2), mean or z score		
Diabetes duration (years)		
HbA1c		

Method of sleep duration measurement:

☐ Questionnaire (please indicate) _____

☐ Objective measurement (please indicate)_____

1. Mean sleep duration by HbA1c groups

Age, yr	HbA1c	n	Mean	SD	Note
6-13	<7.5%				
	≥7.5%				
>13-17	<7.5%				
	≥7.5%				

2. Mean HbA1C by sleep duration groups

		HbA1c levels (continuous)		
Age, yr	Sleep duration (h)	N	Mean	SD
6-13	<9			
	≥ 9			
	Sleep duration (h)	N	Mean	SD
>13-17	<8			
	≥ 8			

SLEEP QUALITY AND GLYCEMIA

Method of sleep quality measurement

- ☐ Questionnaire (please specify name of questionnaire)_____
- ☐ Actigraphy (sleep efficiency)
- ☐ PSG (sleep efficiency)

1. Sleep quality as continuous variable

	N	Age (mean± SD)	Sex (%male)	BMI (mean ±SD)	Sleep quality (mean ±SD)
HbA1c <7.5%					
HbA1c ≥ 7.5%					

2. Sleep quality as a categorical vs dichotomous/ continuous HbA1c

Poor sleep quality defined as (please fill)_____

Please fill in the number of patients under dichotomous columns. For HbA1c levels, please fill in number of patients in each sleep quality category, along with their mean HbA1c levels and standard deviation.

Glycemic control	Dichotomous		HbA1c levels (continuous)		
	HbA1c <7.5 (N)	HbA1c≥7.5% (N)	N	Mean HbA1c	SD HbA1c
Poor sleep quality					
Good sleep quality					

OBSTRUCTIVE SLEEP APNEA (OSA) AND GLYCEMIA

Method of OSA measurement

- ☐ Questionnaire
- ☐ PSG
- ☐ Other (please specify i.e. apnea link, oximetry)_____

1. OSA severity vs. continuous/ dichotomous HbA1c
   OSA severity is indicated by Apnea Hypopnea Index (AHI), obtained from PSG.

Glycemic control	Dichotomous		HbA1c levels (continuous)		
	HbA1c <7.5% (N)	HbA1c≥7.5% (N)	N	Mean HbA1c	SD HbA1c
AHI <5 (or 1.5 in kids)					
AHI 5- <15					
AHI 15- <30					
AHI ≥30					

2. Overall AHI vs dichotomous HbA1c

	N	Mean AHI	SD AHI
HbA1c <7.5%			
HbA1c ≥ 7.5%			

3. OSA as categorical variable

OSA defined as
- ☐ AHI ≥ 1.5
- ☐ High Risk by Berlin Questionnaire
- ☐ Other (please define) _____

	N	Mean HbA1c	SD HbA1c
OSA present			
OSA absent			

SLEEP STAGES AND GLYCEMIA

Sleep measured by

☐ PSG

☐ Other (please specify)_____

Sleep stages as continuous variables

Stage		N	% Stage (mean)	% Stage (SD)
1	HbA1c <7.5%			
	HbA1c ≥ 7.5%			
2	HbA1c <7.5%			
	HbA1c ≥ 7.5%			
3	HbA1c <7.5%			
	HbA1c ≥ 7.5%			