Web Table 1 Prospective associations of sleep duration at baseline and ≥5 kg weight gain during followup, by sex and disease status among participants who were excluded, NIH-AARP Diet and Health study, 1995-2004.

		P value						
	<5 hr	5-6 hr	7-8 hr	9+ hr	for trend			
		MEN						
Subjects with cardiovascular disease at baseline								
OR (95% CI) ^a	1.04 (0.82, 1.35)	1.04 (0.96, 1.14)	ref	1.02 (0.82, 1.27)	0.40			
Subjects with cancer at baseline								
OR (95% CI) ^a	1.19 (0.66, 2.17)	1.09 (0.89, 1.33)	ref	0.61 (0.33, 1.14)	0.11			
Subjects who were healthy ^c at baseline but developed cardiovascular disease in follow up								
OR (95% CI) ^a	0.79 (0.50, 1.26)	0.98 (0.84, 1.15)	ref	1.02 (0.68, 1.54)	0.48			
Subjects who were healthy ^c at baseline but developed cancer in follow up								
OR (95% CI) ^a	0.92 (0.64, 1.34)	1.08 (0.98, 1.20)	ref	0.97 (0.74, 1.28)	0.24			
WOMEN								
Subjects with cardiovascular disease at baseline								
OR (95% CI) ^a	1.21 (0.90, 1.63)	1.10 (0.96, 1.27)	ref	1.19 (0.86, 1.66)	0.26			
Subjects with cancer at baseline								
OR (95% CI) ^a	1.17 (0.78, 1.74)	1.17 (0.98, 1.39)	ref	1.08 (0.71, 1.63)	0.14			
Subjects who were healthy ^c at baseline but developed cardiovascular disease in follow up								
OR (95% CI) ^a	1.01 (0.59, 1.72)	1.09 (0.88, 1.35)	ref	0.91 (0.49, 1.66)	0.46			
Subjects who were healthy ^c at baseline but developed cancer in follow up								
OR (95% CI) ^a	0.92 (0.61, 1.40)	1.05 (0.92, 1.20)	ref	1.17 (0.84, 1.64)	1.00			

^a Adjusted for age, baseline body mass index, race/ethnicity, marital status, education, self-reported health, smoking, alcohol drinking, and coffee consumption Abbreviation: OR, odds ratio; CI, confidence interval

Web Table 2 Prospective associations of sleep duration at baseline and ≥5 kg weight gain during follow-up, before and after applying series of exclusion criteria based on disease status, NIH-AARP Diet and Health study, 1995-2004.

	Sleep duration								
	<5 hr	5-6 hr	7-8 hr	9+ hr	for trend				
MEN									
All subjects ^a									
OR (95% CI) ^b	1.21 (1.08, 1.35)	1.07 (1.03, 1.11)	ref	1.07 (0.97, 1.19)	< 0.001				
After excluding those who had cancer and cardiovascular diseases at baseline									
OR (95% CI) ^b	1.24 (1.08, 1.41)	1.08 (1.03, 1.13)	ref	1.10 (0.98, 1.24)	< 0.001				
After further excluding those who developed cancer and cardiovascular diseases in follow-up ^c									
OR (95% CI) ^b	1.29 (1.08, 1.53)	1.10 (1.04, 1.16)	ref	1.17 (1.00, 1.36)	0.002				
WOMEN									
All subjects ^a									
OR (95% CI) ^b	1.20 (1.08, 1.34)	1.12 (1.07, 1.17)	ref	1.07 (0.96, 1.19)	< 0.001				
After excluding those who had cancer and cardiovascular diseases at baseline									
OR (95% CI) ^b	1.25 (1.11, 1.41)	1.12 (1.07, 1.17)	ref	1.06 (0.94, 1.19)	< 0.001				
After further excluding those who developed cancer and cardiovascular diseases in follow-up ^c									
OR (95% CI) ^b	1.30 (1.12, 1.51)	1.12 (1.06, 1.18)	ref	1.02 (0.88, 1.17)	< 0.001				

^a After excluding participants based on other exclusion/inclusion criteria (detailed in methods).

Abbreviation: OR, odds ratio; CI, confidence interval

^b Adjusted for age, baseline body mass index, race/ethnicity, marital status, education, self-reported health, smoking, alcohol drinking, and coffee consumption

^c Results are from table 4 (model 2) and included here for comparison