

Additional file IV. Characteristics of US adults by sleep status, weighted, original sample, NHANES, 2017 to March-2020*

		Workday sleep		Non workday	
	Overall	Sufficient (≥7 h)	Insufficient (<7 h)	Sufficient (≥7 h)	Insufficient (<7 h)
Unweighted N	7179	5313	1866	6028	1151
Weighted %	--	75.65%	24.35%	86.53%	13.47%
Sociodemographic variables					
Age group					
25-39	29.65%	74.11%	25.89%	89.06%	10.94%
40-59	37.56%	73.35%	26.65%	86.28%	13.72%
60-79	27.84%	78.73%	21.27%	84.33%	15.67%
80+	4.95%	84.99%	15.01%	85.75%	14.25%
Gender					
Male	47.86%	71.73%	28.27%	84.64%	15.36%
Female	52.14%	79.24%	20.76%	88.28%	11.72%
Race/ethnicity					
Mexican American	7.44%	74.96%	25.04%	89.94%	10.06%
Other Hispanic	6.75%	71.29%	28.71%	87.04%	12.96%
Non-Hispanic White	65.18%	77.73%	22.27%	87.56%	12.44%
Non-Hispanic Black	10.85%	66.42%	33.58%	77.68%	22.32%
Non-Hispanic Asian	5.64%	80.62%	19.38%	89.38%	10.62%
Other Race	4.14%	68.61%	31.39%	82.71%	17.29%
Exposure variables					
PIR category					
Low-income	11.89%	70.53%	29.47%	78.69%	21.31%
Near low-income	18.49%	76.26%	23.74%	84.74%	15.26%
Middle-income	28.30%	72.86%	27.14%	85.94%	14.06%
High-income	41.32%	78.76%	21.24%	90.00%	10.00%
Education					
Less than HS/some HS	10.47%	72.67%	27.33%	83.46%	16.54%
HS/GED	25.79%	73.02%	26.98%	83.54%	16.46%
Some college/AA	30.62%	72.92%	27.08%	84.90%	15.10%
College+	33.11%	81.16%	18.84%	91.35%	8.65%
Food security status					
Very low	6.85%	62.48%	37.52%	73.04%	26.96%
Low	8.58%	73.57%	26.43%	84.20%	15.80%
Marginal	10.47%	72.38%	27.62%	83.25%	16.75%
Full	74.10%	77.57%	22.43%	88.52%	11.48%

*Chi-squared statistics not computed for ‘age group’ category. P-value <0.05 for all other values.