

Additional file V. Poisson regression of insufficient sleep duration by socioeconomic variables, original sample

	Workday sleep				Non-workday sleep			
Exposure	Crude PR†	95% CI	aPR ¹ †	95% CI	Crude PR†	95% CI	aPR ¹ †	95% CI
Poverty (PIR Level)								
Low-income	1.39*	1.16-1.65	1.29*	1.09-1.53	2.13*	1.63-2.78	2.17*	1.67-2.81
Near low-income	1.12	0.90-1.38	1.10	0.91-1.35	1.53*	1.19-1.97	1.54*	1.23-1.93
Middle-income	1.28*	1.08-1.52	1.28*	1.08-1.51	1.41**	1.01-1.95	1.39**	1.02-1.91
High-income	1.00 (Ref)							
Educational level								
Less than HS/Some HS	1.45*	1.21-1.74	1.42*	1.18-1.69	1.91*	1.45-2.51	1.85*	1.42-2.41
HS/GED	1.43*	1.22-1.69	1.41*	1.20-1.65	1.90*	1.47-2.45	1.79*	1.39-2.31
Some college/AA	1.44*	1.26-1.65	1.40*	1.22-1.60	1.74*	1.35-2.25	1.69*	1.30-2.19
College+	1.00 (Ref)							
Food security status (FSSM)								
Very low	1.67*	1.36-2.05	1.54*	1.26-1.87	2.34*	1.85-2.95	2.36*	1.83-3.04
Low	1.18	0.98-1.42	1.10	0.90-1.33	1.38*	1.09-1.74	1.43*	1.15-1.79
Marginal	1.23*	1.06-1.43	1.14	0.97-1.34	1.46*	1.13-1.88	1.50*	1.14-1.97
Full	1.00 (Ref)							

*p<0.01

**p<0.05

¹Adjusted prevalence ratio (aPR) controlling for sociodemographic co-variables; reference for age group: '80+', gender: female, race/ethnicity: 'NH Asian'

†Gives insufficient vs. sufficient sleep