

Supplementary material

Additional file 1. Variables collected at baseline of RESPIRA cohort study.

Questionnaire	Variables
Sociodemographic characteristics	Sex, date of birth, race, marital status, number of children, age of children, educational degree, Brazilian state of residence, family income
Occupational characteristics	Type of higher education institution (federal, state, municipal or private), type of employment relationship, contracted workload, time working at current higher education institution, work in graduate programs
Health characteristics	Smoking, use of psychoactive substances, frequency of alcohol consumption, medical diagnoses (related to sleep, hormones, mental health and others), hours of sleep per night, sleeping medications and frequency of use in the last month, use of ventilatory therapy to sleep
WHOQOL-bref Fleck et al [53]	Overall quality of life, general health, physical health domain (pain and discomfort, dependence on medicinal substances and medical aids, energy and fatigue, mobility, sleep and rest, activities of daily living, work capacity), psychological domain (positive feelings, self-esteem, thinking, learning, memory and concentration, bodily image and appearance, spirituality/religion/personal beliefs, negative feelings), social relationships domain (personal relationships, sexual activity, social support), environment domain (freedom, physical safety and security, physical environment [pollution/noise/traffic/climate], financial resources, opportunities for acquiring new information and skills, participation in and opportunities for recreation/leisure activities, home environment, health and social care: accessibility and quality, transport)

Epworth Sleepiness Scale Bertolazi et al [48]	Epworth score and daytime sleepiness: chance of dozing off during eight daily activities (sitting and reading; watching tv; sitting inactive in a public place [e.g., theater or meeting]; as a passenger in a car for an hour without a break; lying down to rest in the afternoon when circumstances permit; sitting and talking to someone; sitting quietly after a lunch without alcohol; in a car, while stopped for a few minutes in traffic)
Stop-Bang questionnaire Duarte et al [49] Fonseca et al [52]	Predisposition to obstructive sleep apnea (high risk; intermediate risk or low risk); snoring; tired; observed (witnessed) apnea; blood pressure (treatment for high blood pressure); body mass index; age older than 50 years old; neck size (measured in centimeters); gender (male)
IPAQ - short version Matsudo et al [54]	Estimated level of physical activity (frequency and duration of vigorous, moderate and light physical activity); daily sitting time on a weekday and weekend
COPSOQ II-Br Gonçalves et al [41]	Psychosocial aspects (stress, burnout, work-family conflict, emotional work demands and quantitative work demands)