

Outcome	Workday sleep				Non-workday sleep			
Exposure	aPR [†] Females	95% CI	aPR [†] Males	95% CI	aPR [†] Females	95% CI	aPR [†] Males	95% CI
Poverty (PIR Level)								
Low-income	1.35	1.00-1.81	1.17	0.93-1.49	2.10*	1.34-3.29	2.10*	1.44-3.04
Near low-income	1.21	0.94-1.56	0.96	0.76-1.21	1.64*	1.18-2.30	1.40*	1.02-1.92
Middle-income	1.27	1.00-1.62	1.24**	1.02-1.51	1.30	0.84-2.02	1.42**	1.02-1.97
High-income	1.00 (Ref)		1.00 (Ref)		1.00 (Ref)		1.00 (Ref)	
Educational level								
Less than HS/Some HS	1.49*	1.14-1.95	1.20	0.98-1.47	1.84*	1.27-2.66	1.50*	1.12-2.00
HS/GED	1.29**	1.01-1.66	1.29*	1.06-1.56	2.02*	1.45-2.81	1.54**	1.11-2.14
Some college/AA	1.34*	1.08-1.66	1.35*	1.15-1.58	1.80*	1.23-2.64	1.50*	1.13-1.99
College+	1.00 (Ref)		1.00 (Ref)		1.00 (Ref)		1.00 (Ref)	
Food security status (FSSM)								
Very low	1.54**	1.09-2.17	1.45*	1.14-1.83	2.34*	1.56-3.50	2.21*	1.58-3.09
Low	1.22	0.96-1.56	1.05	0.87-1.26	1.67*	1.16-2.38	1.23	0.89-1.70
Marginal	1.26	0.99-1.61	1.03	0.84-1.26	1.38	0.97-1.98	1.48**	1.06-2.08
Full	1.00 (Ref)		1.00 (Ref)		1.00 (Ref)		1.00 (Ref)	

*p<0.01

**p<0.05

¹Adjusted prevalence ratio (aPR) controlling for sociodemographic co-variates (age, and race/ethnicity) and stratified by gender; reference for age group: '40-59', race/ethnicity: 'NH White'

[†]Gives insufficient vs. sufficient sleep