

Dataset demographics and sample counts

Dataset	Age Age Range Sex (F/M) (Mean / Mdn)	Participants (Min. / Max.)	Overnights	Total	Examples	
MESA	69.42/68	54/90	991/861	1,852	1,852	87,366
MrOS	74.67/74	67/90	0/903	903	1,808	96,713
SHHS	62.47/62	39/90	1,229/1,071	2,300	4,698	191,880
WSC	58.16/58	37/78	438/481	919	1,660	53,989
SOF	83/82	76/90	393/0	398	398	17,581
CFS	41.44/43.31	6.77/88.53	362/295	657	657	28,826
NCHSDB	21.38/19.93	18/58.35	88/84	172	188	5,915
Train Total	63.15/65	6.77/90	3,506/3,695	7,201	11,261	482,270
Held-Out Train	63.37/65.5	10.76/90	381/398	779	779	32,405
DreemO + DreemH	35.3, 45.6/-	-/-	54/26	80	80	742
Sleep-EDF	59.21/57	25/101	41/36	77	152	1,849
HomePAP	46.05/45.98	20.25/79.77	92/99	191	191	1,668
APPLES	51.59/52	18/83	353/691	1,044	1,044	9,683