

Sleep duration, diabetes and CHD
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ESM Table 1 Hazard ratios and confidence intervals for incident coronary heart disease occurring before incident diabetes mellitus (non-diabetes CHD) according to sleep duration for men and women respectively.

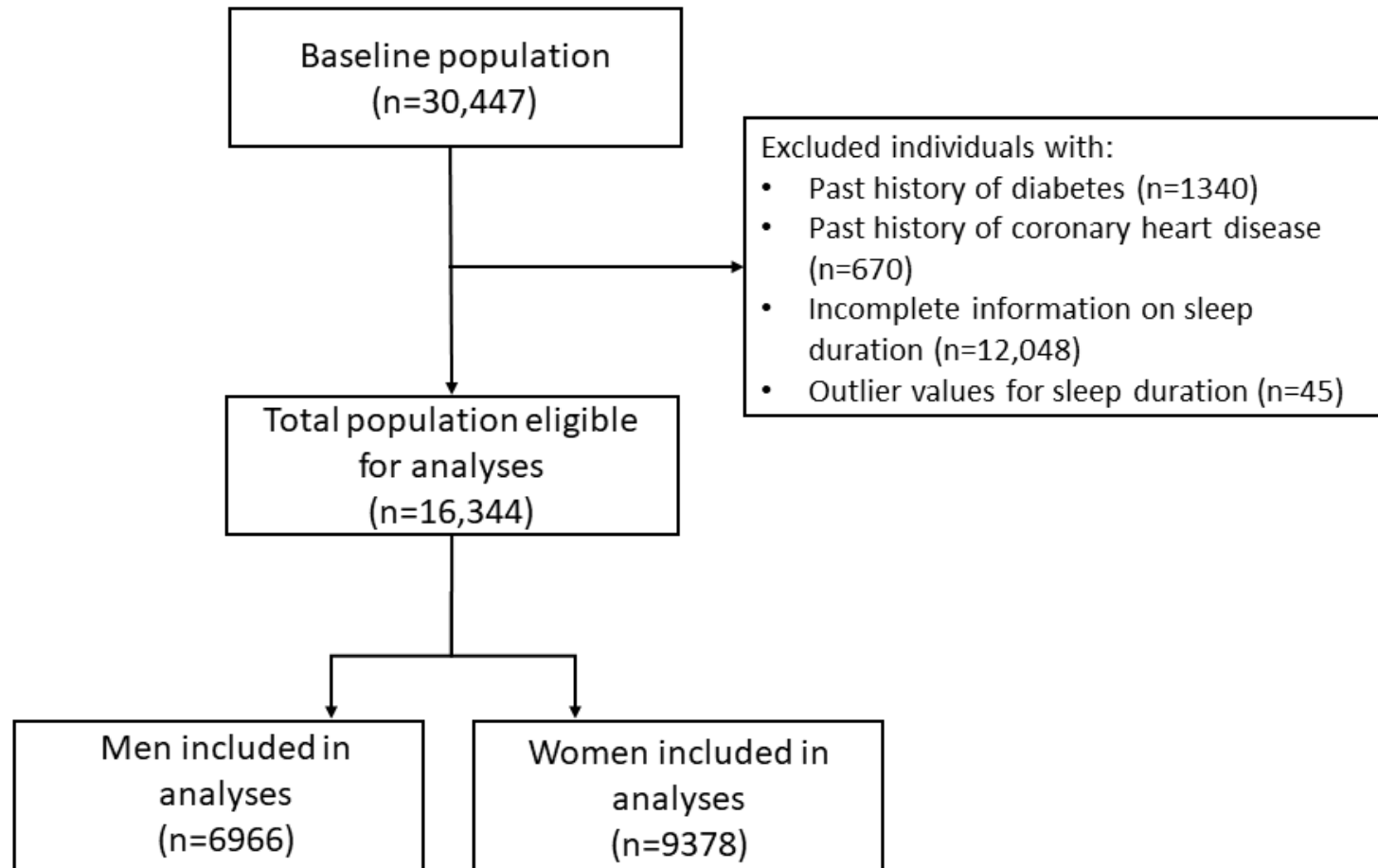
Incident non-diabetes CHD	Men (n=6966)					Women (n=9378)				
	Sleep duration (h)					Sleep duration (h)				
	<6	6-7	7-8	8-9	≥9	<6	6-7	7-8	8-9	≥9
Person-years	4053	20,827	43,710	26,510	3760	6909	28,519	61,436	44,853	6368
No. (events)	305 (53)	1484 (218)	2988 (392)	1897 (298)	292 (55)	460 (31)	1819 (100)	3835 (181)	2843 (158)	421 (31)
Model 1, HR	1.39	1.18	Reference	1.11	1.33	1.32	1.11	Reference	1.04	1.34
(95% CI)	(1.05, 1.86)*	(1.00, 1.40)*		(0.95, 1.29)	(1.00, 1.77)*	(0.90, 1.94)	(0.87, 1.41)		(0.84, 1.29)	(0.91, 1.97)
Model 2, HR	1.23	1.13	Reference	1.07	1.13	1.24	1.05	Reference	1.03	1.28
(95% CI)	(0.91, 1.66)	(0.95, 1.33)		(0.92, 1.25)	(0.84, 1.50)	(0.83, 1.84)	(0.82, 1.35)		(0.83, 1.28)	(0.87, 1.88)
Model 3, HR	1.35	1.15	Reference	1.13	1.33	1.29	1.04	Reference	0.98	1.34
(95% CI)	(0.98, 1.87)	(0.96, 1.38)		(0.95, 1.33)	(0.98, 1.80)	(0.86, 1.93)	(0.80, 1.35)		(0.78, 1.23)	(0.90, 1.98)

Model 1 was adjusted for age and socioeconomic index

Model 2 was stratified by BMI category and adjusted for age, socioeconomic index, marital status, smoking, alcohol intake, physical activity, hypertension, use of lipid-lowering medication, shift work, psychological stress and sleep quality

Model 3 additionally excluded the first 3 years of follow-up

* $p < 0.05$ vs reference



ESM Fig. 1. Flow-chart of the inclusion and exclusion of study participants.