

Additional File 3: Meta-analysis results

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Notes: Basic adjustment includes socio-demographic characteristics: age (only in age-heterogeneous studies), sex, ethnicity (except the BCS70 and NCDS cohorts which were nearly are almost entirely white), education, UK nation (except ALSPAC, GS and ELSA which only had participants from a single country), and household composition. Full adjustment additionally includes pre-pandemic measures of psychological distress, self-rated health, and health behaviours.

Table 1. Main analysis excluding studies with ≤ 5 cell counts for exposure-outcome

	Currently eats 2 or fewer fruit & veg				Less than 3 days a week of at least 30min exercise				Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)				
	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	
Furloughed	Overall	0.97	0.87	1.09	41.83	0.85	0.75	0.97	58.73	1.28	0.92	1.78	84.34
	female	0.84	0.68	1.04	65.28	0.87	0.79	0.95	0	1.30	0.89	1.88	83.76
	male	1.11	1.01	1.22	0	0.88	0.75	1.03	41.13	1.14	0.88	1.47	24.55
	Degree	0.96	0.71	1.30	76.09	0.81	0.72	0.91	0.00	1.28	0.81	2.01	73.72
	No degree	1.00	0.91	1.09	0.00	0.88	0.75	1.03	60.15	1.20	0.94	1.54	61.57
	16-29y	0.84	0.57	1.25	66.75	0.76	0.56	1.03	0.00	1.39	0.31	6.16	90.51
	30-49y	0.89	0.77	1.04	0.00	0.83	0.59	1.17	65.57	1.10	0.78	1.54	36.92
	50+y	1.06	0.96	1.17	0.00	0.86	0.72	1.03	68.17	1.10	0.88	1.39	46.33
	Overall	0.95	0.81	1.12	0	1.02	0.85	1.24	40.11	1.38	0.81	2.36	82.29
No longer employed	female	0.81	0.55	1.18	49.84	1.11	0.94	1.31	1.06	1.34	0.83	2.16	68.97
	male	1.14	0.93	1.39	0	0.98	0.80	1.21	0	1.28	0.31	5.20	85.62
	Degree	0.92	0.62	1.36	0.00	1.08	0.80	1.47	53.38	1.58	0.41	6.00	74.04
	No degree	1.08	0.89	1.30	0.00	0.96	0.80	1.15	0.00	1.46	0.86	2.49	71.78
	16-29y	0.92	0.59	1.43	45.37	0.98	0.46	2.09	73.41	3.80	2.35	6.15	
	30-49y	0.77	0.41	1.44	59.88	1.28	0.96	1.71	0.00	1.36	0.58	3.20	57.29
	50+y	0.99	0.78	1.25	0.00	1.02	0.86	1.20	0.03	1.09	0.70	1.68	56.48
	Overall	1.00	0.83	1.20	0	1.21	0.91	1.61	74.71	1.76	0.85	3.64	85.29
	female	0.94	0.72	1.23	0	1.20	0.90	1.59	42.82	2.34	1.43	3.81	51.22
Stable unemployed	male	1.07	0.84	1.36	0	1.17	0.74	1.84	76.87	1.66	0.85	3.23	63.24
	Degree	1.04	0.63	1.73	*	0.83	0.69	0.99	*	no information			
	No degree	1.03	0.84	1.26	0.00	1.33	0.96	1.82	72.69	2.19	1.48	3.25	28.66
	16-29y	1.27	0.63	2.56	87.75	1.50	0.41	5.39	91.84	2.92	1.69	5.05	*
	30-49y	0.83	0.36	1.93	69.28	1.41	1.15	1.72	0.00	2.09	0.89	4.89	70.99
	50+y	0.71	0.38	1.33	64.94	1.17	0.90	1.53	26.48	0.96	0.39	2.39	78.41

* indicates only one study included

Table 2. Main analysis excluding studies with ≤ 2 cell counts for exposure-outcome

	Currently eats 2 or fewer fruit & veg				Less than 3 days a week of at least 30min exercise				Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)				
	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	
Furloughed	Overall	0.97	0.87	1.09	41.83	0.85	0.75	0.97	58.73	1.28	0.92	1.78	84.34
	female	0.84	0.68	1.04	65.28	0.87	0.79	0.95	0	1.30	0.89	1.88	83.76
	male	1.11	1.01	1.22	0	0.88	0.75	1.03	41.13	1.14	0.88	1.47	24.55
	Degree	0.96	0.71	1.30	76.09	0.81	0.72	0.91	0.00	1.18	0.80	1.74	65.59
	No degree	1.00	0.91	1.09	0.00	0.88	0.75	1.03	60.15	1.20	0.94	1.54	61.57
	16-29y	0.84	0.57	1.25	66.75	0.76	0.56	1.03	0.00	1.39	0.31	6.16	90.51
	30-49y	0.89	0.77	1.04	0.00	0.83	0.59	1.17	65.57	1.10	0.78	1.54	36.92
	50+y	1.06	0.96	1.17	0.00	0.86	0.72	1.03	68.17	1.10	0.88	1.39	46.33
No longer employed	Overall	0.95	0.81	1.12	0	1.02	0.85	1.24	40.11	1.38	0.81	2.36	82.29
	female	0.81	0.55	1.18	49.84	1.11	0.94	1.31	1.06	1.34	0.83	2.16	68.97
	male	1.14	0.93	1.39	0	0.98	0.80	1.21	0	1.23	0.52	2.92	74.05
	Degree	0.79	0.46	1.36	69.70	1.08	0.80	1.47	53.38	1.11	0.72	1.71	12.58
	No degree	1.00	0.84	1.19	0.00	0.96	0.80	1.15	0.00	1.46	0.86	2.49	71.78
	16-29y	0.92	0.59	1.43	45.37	0.98	0.46	2.09	73.41	3.80	2.35	6.15	*
	30-49y	0.77	0.41	1.44	59.88	1.28	0.96	1.71	0.00	1.16	0.60	2.26	45.34
	50+y	0.99	0.78	1.25	0.00	1.02	0.86	1.20	0.03	1.09	0.70	1.68	56.48
Stable unemployed	Overall	1.00	0.83	1.20	0	1.15	0.90	1.47	62.25	1.44	0.69	2.99	85.86
	female	0.90	0.70	1.17	0	1.09	0.78	1.52	56.95	1.31	0.54	3.17	85.51
	male	1.28	0.87	1.88	63.67	1.15	0.89	1.47	50.01	2.09	1.04	4.20	71.15
	Degree	1.01	0.50	2.06	82.44	1.02	0.70	1.50	66.83	1.97	1.17	3.31	35.72
	No degree	1.02	0.83	1.24	0.00	1.32	1.03	1.68	58.58	1.65	0.75	3.65	82.22
	16-29y	1.27	0.63	2.56	87.75	1.50	0.41	5.39	91.84	2.75	1.63	4.63	0.00
	30-49y	0.83	0.36	1.93	69.28	1.41	1.15	1.72	0.00	2.09	0.89	4.89	70.99
	50+y	0.71	0.38	1.33	64.94	1.12	0.93	1.34	0.00	0.98	0.53	1.80	60.57

* indicates only one study included

Table 3. Main analysis excluding studies with zero cell counts for exposure-outcome

	Currently eats 2 or fewer fruit & veg				Less than 3 days a week of at least 30min exercise				Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)				
	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	
Furloughed	Overall	0.97	0.87	1.09	41.83	0.85	0.75	0.97	58.73	1.28	0.92	1.78	84.34
	female	0.84	0.68	1.04	65.28	0.87	0.79	0.95	0	1.30	0.89	1.88	83.76
	male	1.11	1.01	1.22	0	0.88	0.75	1.03	41.13	1.14	0.88	1.47	24.55
	Degree	0.96	0.71	1.30	76.09	0.81	0.72	0.91	0.00	1.18	0.80	1.74	65.59
	No degree	1.00	0.91	1.09	0.00	0.88	0.75	1.03	60.15	1.20	0.94	1.54	61.57
	16-29y	0.84	0.57	1.25	66.75	0.76	0.56	1.03	0.00	1.39	0.31	6.16	90.51
	30-49y	0.89	0.77	1.04	0.00	0.83	0.59	1.17	65.57	1.10	0.78	1.54	36.92
	50+y	1.06	0.96	1.17	0.00	0.86	0.72	1.03	68.17	1.10	0.88	1.39	46.33
	Overall	0.95	0.81	1.12	0	1.02	0.85	1.24	40.11	1.38	0.81	2.36	82.29
No longer employed	female	0.80	0.56	1.13	40.08	1.11	0.94	1.31	1.06	1.34	0.83	2.16	68.97
	male	1.14	0.93	1.39	0	0.98	0.80	1.21	0	1.23	0.52	2.92	74.05
	Degree	0.79	0.46	1.36	69.70	1.08	0.80	1.47	53.38	1.11	0.72	1.71	12.58
	No degree	1.00	0.84	1.19	0.00	0.96	0.80	1.15	0.00	1.46	0.86	2.49	71.78
	16-29y	0.92	0.59	1.43	45.37	0.98	0.46	2.09	73.41	3.80	2.35	6.15	*
	30-49y	0.77	0.41	1.44	59.88	1.28	0.96	1.71	0.00	1.16	0.60	2.26	45.34
	50+y	0.99	0.78	1.25	0.00	1.02	0.86	1.20	0.03	1.09	0.70	1.68	56.48
	Overall	1.00	0.83	1.20	0	1.15	0.90	1.47	62.25	1.48	0.80	2.75	80.5
	female	0.90	0.70	1.17	0	1.09	0.78	1.52	56.95	1.29	0.58	2.85	80.81
Stable unemployed	male	1.22	0.83	1.77	57.81	1.20	0.95	1.53	51.36	1.96	1.14	3.39	58.6
	Degree	1.01	0.50	2.06	82.44	0.98	0.68	1.40	55.89	1.75	1.22	2.50	0.00
	No degree	1.02	0.83	1.24	0.00	1.32	1.03	1.68	58.58	1.37	0.70	2.70	76.04
	16-29y	1.27	0.63	2.56	87.75	1.50	0.41	5.39	91.84	2.75	1.63	4.63	0.00
	30-49y	0.83	0.36	1.93	69.28	1.39	1.14	1.70	0.00	2.09	0.89	4.89	70.99
	50+y	0.71	0.38	1.33	64.94	1.12	0.93	1.34	0.00	0.98	0.53	1.80	60.57

* indicates only one study included

Table 4. Analysis of change excluding studies with ≤ 5 cell counts

		Fewer fruit and veg				More fruit and veg			
		RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%
Furloughed	Overall	0.96	0.87	1.08	8.96	1.22	1.04	1.43	52.46
	female	0.91	0.81	1.02	0	1.16	1.03	1.31	5.34
	male	1.03	0.90	1.19	1.11	1.21	0.98	1.50	40.11
	Degree	0.95	0.70	1.29	63.37	1.17	1.04	1.33	0
	No degree	0.97	0.87	1.09	0	1.26	0.99	1.61	62.7
	16-29y	0.75	0.38	1.47	75.61	1.18	0.91	1.52	0
	30-49y	0.88	0.76	1.03	0	1.16	0.90	1.50	42.19
	50+y	1.05	0.93	1.18	0	1.16	0.90	1.51	78.74
No longer employed	Overall	0.86	0.54	1.35	55.22	1.02	0.83	1.25	0
	female	0.88	0.68	1.14	0	1.23	1.00	1.51	0
	male	1.21	0.94	1.55		0.90	0.47	1.71	60.88
	Degree	0.72	0.30	1.75	66.85	1.17	0.91	1.51	0
	No degree	1.11	0.87	1.41	0	1.07	0.68	1.68	48.26
	16-29y	0.82	0.50	1.36	18.7	1.12	0.76	1.66	0
	30-49y	0.80	0.28	2.25	80.55	0.94	0.38	2.34	73.5
	50+y	1.00	0.79	1.27	0	1.00	0.80	1.24	0
Stable unemployed	Overall	0.86	0.34	2.20	86.92	0.98	0.56	1.70	56.16
	female	0.92	0.65	1.31	0	0.95	0.50	1.80	45.59
	male	0.81	0.42	1.55		1.22	0.63	2.38	49.82
	Degree	0.87	0.45	1.71		1.15	0.65	2.04	
	No degree	0.93	0.33	2.59	86.33	0.68	0.17	2.82	84.44
	16-29y	0.63	0.18	2.19	77.06	0.47	0.20	1.09	
	30-49y	0.47	0.23	0.96		1.88	1.32	2.70	
	50+y	1.22	0.54	2.74	80.15	1.17	0.84	1.63	0

	Less time/Fewer days of physical exercise				More time/days of physical exercise				
	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	
Furloughed	Overall	1.06	0.96	1.17	45.87	1.18	1.04	1.35	75.47
	female	1.00	0.89	1.12	36.75	1.20	1.07	1.33	46.22
	male	1.16	1.04	1.29	5.21	1.18	0.98	1.42	63.43
	Degree	1.02	0.92	1.13	0	1.11	1.02	1.22	6.55
	No degree	1.08	0.96	1.23	47.21	1.21	1.03	1.43	73.17
	16-29y	1.08	0.93	1.26	0	1.15	0.93	1.44	31.15
	30-49y	1.11	0.89	1.38	59.5	1.03	0.91	1.16	0
	50+y	1.05	0.91	1.21	62.44	1.15	0.92	1.44	88.35
	Overall	1.08	0.93	1.25	24.38	1.15	1.02	1.29	0
No longer employed	female	1.14	0.91	1.44	57.53	1.01	0.87	1.18	8.32
	male	1.02	0.74	1.40	49.2	1.38	1.16	1.64	0
	Degree	0.93	0.77	1.13	0	1.08	0.93	1.26	0
	No degree	1.32	1.06	1.64	48.6	1.20	1.02	1.40	0
	16-29y	0.98	0.72	1.32	26.23	1.22	0.92	1.63	0
	30-49y	1.12	0.77	1.64	18.69	1.12	0.79	1.59	35.14
	50+y	1.09	0.94	1.27	14.01	1.06	0.92	1.22	0
	Overall	0.84	0.67	1.05	17.28	1.07	0.91	1.25	0
	female	0.86	0.69	1.07	0	1.07	0.88	1.29	0
Stable unemployed	male	0.80	0.56	1.15	0	1.24	0.93	1.66	0
	Degree	0.72	0.45	1.15	26.74	1.10	0.88	1.36	0
	No degree	0.88	0.58	1.34	67.86	1.15	0.93	1.42	0
	16-29y	0.83	0.55	1.26	0.69	1.22	0.89	1.68	0
	30-49y	1.27	0.87	1.86	0.60	0.34	1.08	4.48	
	50+y	0.90	0.63	1.27	59.44	1.04	0.87	1.25	0

		Sleep less than before				Sleep more than before				From 6/9h a night to outside 'normal range'				From outside 'normal range' to 6/9h a night			
		RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%
Furloughed	Overall	0.89	0.75	1.07	71.51	1.62	1.39	1.90	80.15	1.46	1.04	2.07	75.13	1.78	1.03	3.07	75.7
	female	0.90	0.80	1.02	21.96	1.54	1.32	1.80	68.28	1.36	0.89	2.09	77.96	1.63	1.07	2.50	43.73
	male	0.89	0.66	1.22	69.92	1.70	1.41	2.05	64.92	1.41	1.07	1.86	0	2.29	0.58	9.09	84.99
	Degree	0.98	0.80	1.22	50.81	1.47	1.27	1.70	50.49	1.86	0.60	5.77	93.42	1.28	0.83	1.97	0
	No degree	0.87	0.72	1.05	61.35	1.69	1.39	2.06	76.78	1.40	1.15	1.72	1.2	2.21	1.05	4.65	74.68
	16-29y	0.90	0.64	1.28	55.26	1.37	1.17	1.61	0	3.35	2.13	5.27	*	1.46	0.48	4.43	*
	30-49y	0.80	0.66	0.96	0	1.41	1.15	1.72	58.96	1.20	0.78	1.84	33.3	1.60	0.65	3.93	60.62
	50+y	0.91	0.71	1.17	79.01	1.65	1.25	2.16	88.98	1.31	1.05	1.63	0	1.62	0.68	3.87	87.1
	Overall	0.97	0.83	1.14	0	1.46	1.24	1.72	40.22	1.35	0.68	2.66	72.61	1.14	0.63	2.05	0
No longer employed	female	1.02	0.86	1.21	0	1.33	1.10	1.60	23.95	2.18	1.46	3.26	0	2.03	0.94	4.37	*
	male	1.12	0.79	1.58	0	1.62	1.26	2.07	37.91	6.38	1.89	21.51	*		no information		
	Degree	1.16	0.83	1.62	50.56	1.32	1.09	1.59	16.79	21.63	4.94	94.68	*		no information		
	No degree	0.92	0.74	1.15	0	1.56	1.27	1.92	30.74	1.90	1.13	3.18	0	1.49	0.59	3.80	
	16-29y	1.12	0.72	1.75	42.98	1.16	0.89	1.50	0	3.64	1.92	6.92	*		no information		
	30-49y	0.81	0.51	1.30	0	1.46	1.17	1.81	0	1.83	0.73	4.56	*		no information		
	50+y	0.97	0.80	1.17	0	1.52	1.24	1.86	41.46	1.44	0.73	2.84	67.03	1.59	0.79	3.22	
	Overall	1.11	0.88	1.40	22.06	1.29	1.06	1.56	0	1.54	0.87	2.73	39.19	0.35	0.13	0.96	*
	female	1.09	0.82	1.44	21.38	1.34	1.10	1.63	0	1.74	0.82	3.67	*	0.57	0.19	1.67	*
Stable unemployed	male	1.35	0.89	2.07	42.06	1.12	0.66	1.92	55.81	3.97	1.17	13.44	*		no information		
	Degree	1.22	0.79	1.88	0	1.34	0.97	1.86	0		no information				no information		
	No degree	1.21	0.96	1.52	0	1.39	1.08	1.79	12.06	2.02	1.14	3.56	0	0.35	0.12	1.02	
	16-29y	0.98	0.64	1.52	0	1.27	0.93	1.75	0	2.91	1.40	6.06	*		no information		
	30-49y	1.12	0.70	1.82	0	1.17	0.78	1.74	0	1.41	0.49	4.07	*		no information		
	50+y	1.00	0.62	1.62	69.84	1.25	0.90	1.74	26.11	1.00	0.51	1.94	0		no information		

* indicates only one study included

Table 5. Analysis of change excluding studies with ≤ 2 cell counts

	Fewer fruit and veg				More fruit and veg				
	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	
Furloughed	Overall	0.96	0.87	1.08	8.96	1.22	1.04	1.43	52.46
	female	0.91	0.81	1.02	0	1.16	1.03	1.31	5.34
	male	1.03	0.90	1.19	1.11	1.21	0.98	1.50	40.11
	Degree	0.95	0.70	1.29	63.37	1.17	1.04	1.33	0
	No degree	0.97	0.87	1.09	0	1.26	0.99	1.61	62.7
	16-29y	0.75	0.38	1.47	75.61	1.18	0.91	1.52	0
	30-49y	0.88	0.76	1.03	0	1.16	0.90	1.50	42.19
	50+y	1.05	0.93	1.18	0	1.16	0.90	1.51	78.74
No longer employed	Overall	0.74	0.44	1.22	64.1	1.02	0.83	1.25	0
	female	0.84	0.65	1.08	0	1.23	1.00	1.51	0
	male	1.19	0.93	1.50	0	0.86	0.56	1.30	23.15
	Degree	0.78	0.52	1.18	25.58	1.14	0.89	1.45	0
	No degree	1.11	0.87	1.41	0	1.07	0.68	1.68	48.26
	16-29y	0.82	0.50	1.36	18.7	1.12	0.76	1.66	0
	30-49y	0.80	0.28	2.25	80.55	0.94	0.38	2.34	73.5
	50+y	0.96	0.76	1.21	0	1.00	0.80	1.24	0
Stable unemployed	Overall	0.92	0.47	1.81	76.02	1.16	0.82	1.63	21.37
	female	1.20	0.68	2.12	60.19	1.31	0.86	2.00	35.61
	male	0.91	0.53	1.57	0	1.22	0.63	2.38	49.82
	Degree	0.63	0.26	1.50	43.9	1.78	0.93	3.40	63.88
	No degree	0.93	0.33	2.59	86.33	1.07	0.53	2.16	70.2
	16-29y	0.63	0.18	2.19	77.06	0.62	0.28	1.36	14.56
	30-49y	0.65	0.29	1.44	40.92	1.84	1.34	2.54	0
	50+y	1.22	0.54	2.74	80.15	1.18	0.86	1.63	0

		Less time/Fewer days of physical exercise				More time/days of physical exercise			
		RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%
Furloughed	Overall	1.06	0.96	1.17	45.87	1.18	1.04	1.35	75.47
	female	1.00	0.89	1.12	36.75	1.20	1.07	1.33	46.22
	male	1.16	1.04	1.29	5.21	1.18	0.98	1.42	63.43
	Degree	1.02	0.92	1.13	0	1.11	1.02	1.22	6.55
	No degree	1.08	0.96	1.23	47.21	1.21	1.03	1.43	73.17
	16-29y	1.08	0.93	1.26	0	1.15	0.93	1.44	31.15
	30-49y	1.11	0.89	1.38	59.5	1.03	0.91	1.16	0
	50+y	1.05	0.91	1.21	62.44	1.15	0.92	1.44	88.35
No longer employed	Overall	1.08	0.93	1.25	24.38	1.15	1.02	1.29	0
	female	1.14	0.91	1.44	57.53	1.01	0.87	1.18	8.32
	male	0.97	0.70	1.34	50.83	1.36	1.15	1.61	0
	Degree	0.95	0.79	1.13	0	1.07	0.92	1.25	0
	No degree	1.27	1.01	1.59	50.35	1.20	1.02	1.40	0
	16-29y	0.98	0.72	1.32	26.23	1.22	0.92	1.63	0
	30-49y	1.12	0.77	1.64	18.69	1.12	0.79	1.59	35.14
	50+y	1.09	0.94	1.27	14.01	1.06	0.92	1.22	0
Stable unemployed	Overall	0.85	0.69	1.04	10.43	1.06	0.90	1.24	0
	female	0.91	0.73	1.14	10.95	1.03	0.86	1.24	0
	male	0.77	0.55	1.08	0	1.15	0.88	1.51	0
	Degree	0.92	0.58	1.46	51.71	1.10	0.89	1.36	0
	No degree	0.91	0.64	1.29	56.5	1.10	0.90	1.35	0
	16-29y	0.83	0.55	1.26	0.69	1.22	0.89	1.68	0
	30-49y	1.13	0.70	1.81	20.72	0.60	0.34	1.08	4.48
	50+y	0.92	0.67	1.26	50.47	1.04	0.87	1.25	0

	Sleep less than before				Sleep more than before				From 6/9h a night to outside 'normal range'				From outside 'normal range' to 6/9h a night				
	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	
Furloughed	Overall	0.89	0.75	1.07	71.51	1.62	1.39	1.90	80.15	1.46	1.04	2.07	75.13	1.78	1.03	3.07	75.7
	female	0.90	0.80	1.02	21.96	1.54	1.32	1.80	68.28	1.36	0.89	2.09	77.96	1.63	1.07	2.50	43.73
	male	0.89	0.66	1.22	69.92	1.70	1.41	2.05	64.92	1.41	1.07	1.86	0	1.60	0.64	4.01	73.78
	Degree	0.98	0.80	1.22	50.81	1.47	1.27	1.70	50.49	1.62	0.64	4.12	91.03	1.61	0.93	2.77	45.16
	No degree	0.87	0.72	1.05	61.35	1.69	1.39	2.06	76.78	1.40	1.15	1.72	1.2	2.21	1.05	4.65	74.68
	16-29y	0.90	0.64	1.28	55.26	1.37	1.17	1.61	0	1.67	0.36	7.75	84.08	1.02	0.45	2.32	0
	30-49y	0.80	0.66	0.96	0	1.41	1.15	1.72	58.96	1.20	0.78	1.84	33.3	1.35	0.79	2.29	22.42
	50+y	0.91	0.71	1.17	79.01	1.65	1.25	2.16	88.98	1.31	1.05	1.63	0	1.62	0.68	3.87	87.1
	Overall	0.97	0.83	1.14	0	1.46	1.24	1.72	40.22	1.44	0.84	2.49	70.63	1.53	0.93	2.50	4.52
No longer employed	female	1.02	0.86	1.21	0	1.33	1.10	1.60	23.95	1.32	0.76	2.30	59.54	2.24	1.20	4.20	0
	male	1.08	0.79	1.47	0	1.61	1.29	2.03	30.87	1.71	0.77	3.79	53.91	1.32	0.58	3.01	0
	Degree	1.17	0.86	1.58	42.7	1.32	1.09	1.59	16.79	1.68	0.51	5.51	79.65	1.17	0.40	3.40	0
	No degree	0.93	0.75	1.14	0	1.56	1.27	1.92	30.74	1.57	0.89	2.76	54.68	1.22	0.59	2.51	0
	16-29y	1.12	0.72	1.75	42.98	1.16	0.89	1.50	0	3.64	1.92	6.92	*	2.25	0.52	9.75	*
	30-49y	0.75	0.49	1.15	0	1.46	1.17	1.81	0	1.40	0.67	2.95	0	1.23	0.38	3.95	0
	50+y	0.97	0.80	1.17	0	1.52	1.24	1.86	41.46	1.28	0.69	2.39	61.19	1.56	0.70	3.43	47.9
	Overall	1.10	0.88	1.37	16.56	1.28	1.06	1.54	0	1.45	0.84	2.51	33.89	1.13	0.10	12.58	85.65
	female	1.09	0.82	1.44	21.38	1.53	1.24	1.91	24.43	1.58	0.92	2.71	0	0.82	0.27	2.49	20.78
Stable unemployed	male	1.35	0.89	2.07	42.06	1.12	0.66	1.92	55.81	1.71	0.79	3.69	23.67		no information		
	Degree	1.16	0.81	1.67	0	1.49	0.90	2.45	79.12	2.19	1.02	4.70	0		no information		
	No degree	1.17	0.94	1.46	0	1.39	1.08	1.79	12.06	1.66	1.02	2.69	0	1.80	0.34	9.66	83.06
	16-29y	1.12	0.76	1.65	0	1.27	0.93	1.75	0	2.91	1.40	6.06	*	4.15	0.90	19.23	
	30-49y	1.12	0.70	1.82	0	1.17	0.78	1.74	0	1.41	0.49	4.07	*	1.06	0.36	3.13	
	50+y	1.00	0.62	1.62	69.84	1.26	0.99	1.62	1.52	1.00	0.51	1.94	0		no information		

* indicates only one study included

Table 6. Analysis of change excluding studies with zero cell counts

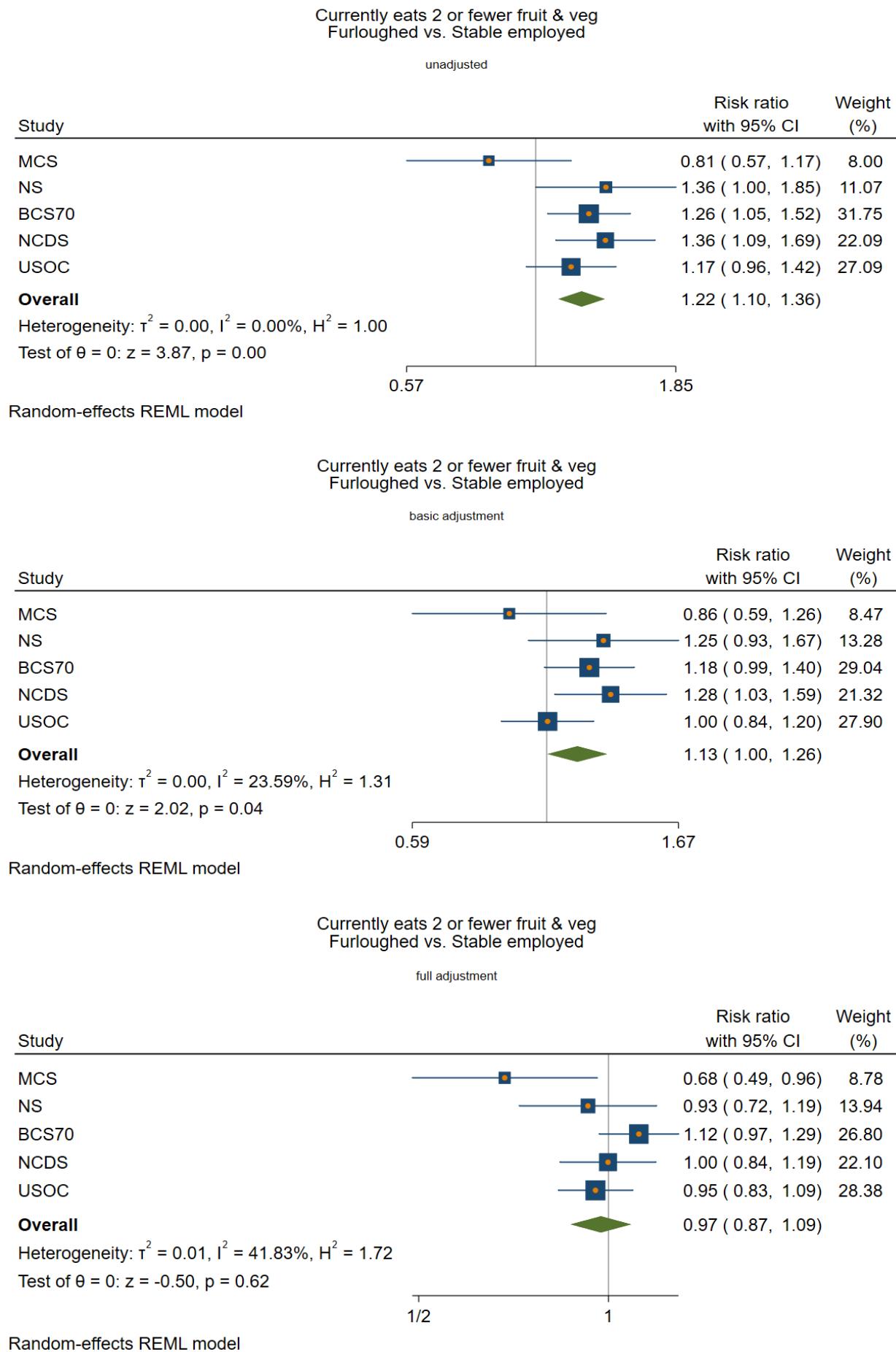
		Fewer fruit and veg				More fruit and veg			
		RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%
Furloughed	Overall	0.96	0.87	1.08	8.96	1.22	1.04	1.43	52.46
	female	0.91	0.81	1.02	0	1.16	1.03	1.31	5.34
	male	1.03	0.90	1.19	1.11	1.21	0.98	1.50	40.11
	Degree	0.95	0.70	1.29	63.37	1.17	1.04	1.33	0
	No degree	0.97	0.87	1.09	0	1.26	0.99	1.61	62.7
	16-29y	0.75	0.38	1.47	75.61	1.18	0.91	1.52	0
	30-49y	0.88	0.76	1.03	0	1.16	0.90	1.50	42.19
	50+y	1.05	0.93	1.18	0	1.16	0.90	1.51	78.74
No longer employed	Overall	0.74	0.44	1.22	64.1	1.02	0.83	1.25	0
	female	0.78	0.56	1.10	14.94	1.23	1.00	1.51	0
	male	1.16	0.91	1.47	0	0.85	0.58	1.24	13.66
	Degree	0.78	0.52	1.18	25.58	1.14	0.89	1.45	0
	No degree	1.05	0.83	1.34	0	1.07	0.68	1.68	48.26
	16-29y	0.82	0.50	1.36	18.7	1.12	0.76	1.66	0
	30-49y	0.80	0.28	2.25	80.55	0.94	0.38	2.34	73.5
	50+y	0.96	0.76	1.21	0	1.00	0.80	1.24	0
Stable unemployed	Overall	0.85	0.45	1.59	71.11	1.16	0.82	1.63	21.37
	female	1.06	0.66	1.70	42.23	1.31	0.86	2.00	35.61
	male	0.87	0.38	1.99	57.38	1.19	0.69	2.05	24.75
	Degree	0.72	0.44	1.19	0.08	1.78	0.93	3.40	63.88
	No degree	0.87	0.42	1.82	70.36	1.07	0.53	2.16	70.2
	16-29y	0.63	0.18	2.19	77.06	0.62	0.28	1.36	14.56
	30-49y	0.65	0.29	1.44	40.92	1.84	1.34	2.54	0
	50+y	1.02	0.48	2.19	71.06	1.18	0.86	1.63	0

	Less time/Fewer days of physical exercise				More time/days of physical exercise				
	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	
Furloughed	Overall	1.06	0.96	1.17	45.87	1.18	1.04	1.35	75.47
	female	1.00	0.89	1.12	36.75	1.20	1.07	1.33	46.22
	male	1.16	1.04	1.29	5.21	1.18	0.98	1.42	63.43
	Degree	1.02	0.92	1.13	0	1.11	1.02	1.22	6.55
	No degree	1.08	0.96	1.23	47.21	1.21	1.03	1.43	73.17
	16-29y	1.08	0.93	1.26	0	1.15	0.93	1.44	31.15
	30-49y	1.11	0.89	1.38	59.5	1.03	0.91	1.16	0
	50+y	1.05	0.91	1.21	62.44	1.15	0.92	1.44	88.35
No longer employed	Overall	1.08	0.93	1.25	24.38	1.15	1.02	1.29	0
	female	1.14	0.91	1.44	57.53	1.01	0.87	1.18	8.32
	male	0.97	0.70	1.34	50.83	1.36	1.15	1.61	0
	Degree	0.93	0.78	1.12	0	1.07	0.92	1.25	0
	No degree	1.27	1.01	1.59	50.35	1.20	1.02	1.40	0
	16-29y	0.98	0.72	1.32	26.23	1.22	0.92	1.63	0
	30-49y	1.12	0.77	1.64	18.69	1.12	0.79	1.59	35.14
	50+y	1.09	0.94	1.27	14.01	1.09	0.96	1.25	0
Stable unemployed	Overall	0.83	0.69	1.02	7.65	1.05	0.90	1.23	0
	female	0.92	0.73	1.14	9.22	1.03	0.86	1.24	0
	male	0.79	0.58	1.09	0	1.11	0.86	1.45	0
	Degree	0.86	0.58	1.28	34.21	1.10	0.90	1.35	0
	No degree	0.91	0.64	1.29	56.5	1.09	0.89	1.33	0
	16-29y	0.83	0.55	1.26	0.69	1.22	0.89	1.68	0
	30-49y	1.13	0.70	1.81	20.72	0.60	0.34	1.08	4.48
	50+y	0.89	0.65	1.22	45	1.03	0.86	1.24	0

		Sleep less than before				Sleep more than before				From 6/9h a night to outside 'normal range'				From outside 'normal range' to 6/9h a night						
			RR	Lower CI	Upper CI	I2%		RR	Lower CI	Upper CI	I2%		RR	Lower CI	Upper CI	I2%		RR	Lower CI	Upper CI
Furloughed	Overall	0.89	0.75	1.07	71.51		1.62	1.39	1.90	80.15		1.46	1.04	2.07	75.13		1.78	1.03	3.07	75.7
	female	0.90	0.80	1.02	21.96		1.54	1.32	1.80	68.28		1.36	0.89	2.09	77.96		1.63	1.07	2.50	43.73
	male	0.89	0.66	1.22	69.92		1.70	1.41	2.05	64.92		1.41	1.07	1.86	0		1.57	0.70	3.55	66.38
	Degree	0.98	0.80	1.22	50.81		1.47	1.27	1.70	50.49		1.62	0.64	4.12	91.03		1.36	0.79	2.33	39.8
	No degree	0.87	0.72	1.05	61.35		1.69	1.39	2.06	76.78		1.40	1.15	1.72	1.2		2.21	1.05	4.65	74.68
	16-29y	0.90	0.64	1.28	55.26		1.37	1.17	1.61	0		1.67	0.36	7.75	84.08		1.02	0.45	2.32	0
	30-49y	0.80	0.66	0.96	0		1.41	1.15	1.72	58.96		1.20	0.78	1.84	33.3		1.35	0.79	2.29	22.42
	50+y	0.91	0.71	1.17	79.01		1.65	1.25	2.16	88.98		1.31	1.05	1.63	0		1.62	0.68	3.87	87.1
	Overall	0.97	0.83	1.14	0		1.46	1.24	1.72	40.22		1.44	0.84	2.49	70.63		1.49	0.93	2.37	0
No longer employed	female	1.02	0.86	1.21	0		1.33	1.10	1.60	23.95		1.32	0.76	2.30	59.54		1.93	1.14	3.26	0
	male	1.02	0.75	1.37	0		1.61	1.29	2.03	30.87		1.71	0.77	3.79	53.91		1.51	0.74	3.07	0
	Degree	1.17	0.86	1.58	42.7		1.30	1.08	1.57	16.03		1.54	0.59	4.00	74.01		1.25	0.61	2.58	0
	No degree	0.93	0.75	1.14	0		1.56	1.27	1.92	30.74		1.57	0.89	2.76	54.68		2.45	1.08	5.57	41.89
	16-29y	1.12	0.72	1.75	42.98		1.16	0.89	1.50	0		3.64	1.92	6.92	*		1.78	0.59	5.39	0
	30-49y	0.75	0.49	1.15	0		1.46	1.17	1.81	0		1.16	0.58	2.30	8.35		1.58	0.65	3.82	0
	50+y	0.97	0.80	1.17	0		1.52	1.24	1.86	41.46		1.28	0.69	2.39	61.19		1.50	0.78	2.89	27.27
	Overall	1.04	0.81	1.34	29.37		1.28	1.06	1.54	0		1.23	0.68	2.25	43.72		2.58	0.82	8.11	77.94
	female	0.92	0.65	1.31	43.35		1.50	1.23	1.84	14.11		1.26	0.77	2.09	0		2.85	0.87	9.37	72.45
Stable unemployed	male	1.28	0.84	1.95	41.61		1.06	0.71	1.60	34.02		1.65	0.99	2.76	0		4.03	1.27	12.83	0
	Degree	1.00	0.66	1.50	17.22		1.47	0.94	2.30	72.75		1.69	0.70	4.08	48.4		2.18	0.26	18.02	*
	No degree	1.17	0.94	1.46	0		1.33	1.03	1.70	11.59		1.66	1.02	2.69	0		3.41	0.84	13.83	78.46
	16-29y	1.12	0.76	1.65	0		1.27	0.93	1.75	0		2.84	1.42	5.67	0		4.15	0.90	19.23	*
	30-49y	1.53	0.80	2.90	68.07		1.17	0.78	1.74	0		1.34	0.60	2.98	0		3.77	0.81	17.48	74.69
	50+y	0.84	0.51	1.39	69.74		1.26	0.99	1.62	1.52		0.87	0.48	1.58	0		1.79	0.29	11.03	82.46

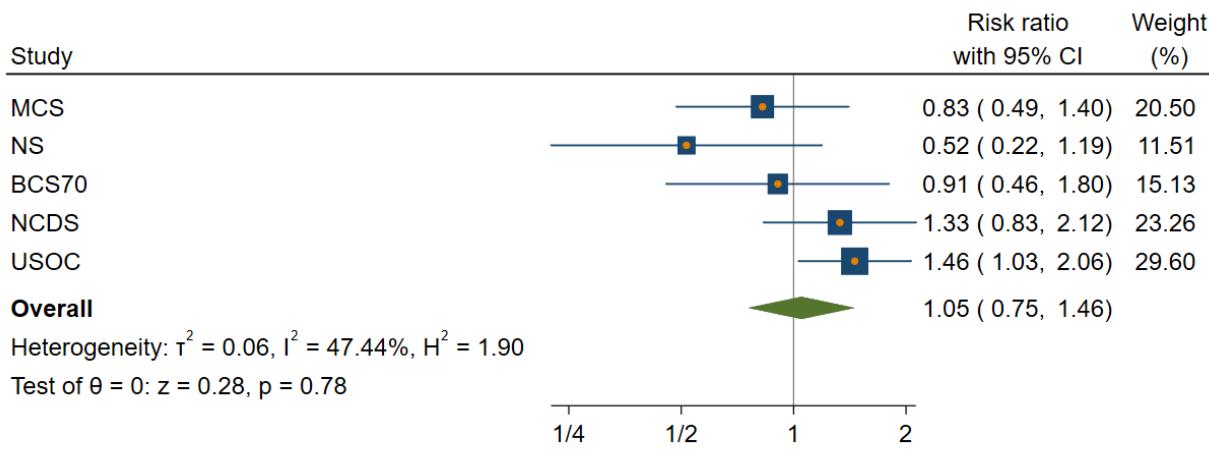
* indicates only one study included

Figure set 1: Currently eats 2 or fewer fruit & veg



Currently eats 2 or fewer fruit & veg
No longer employed vs. Stable employed

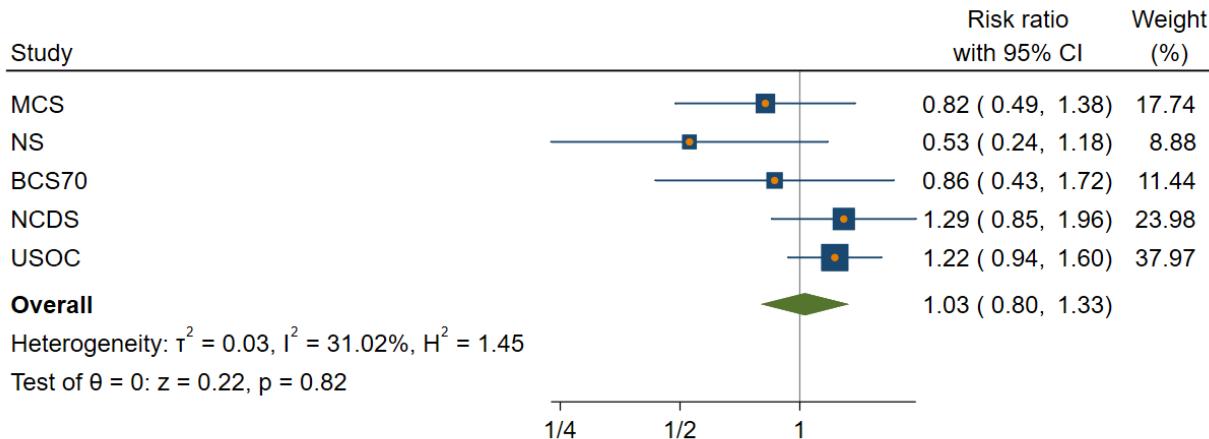
unadjusted



Random-effects REML model

Currently eats 2 or fewer fruit & veg
No longer employed vs. Stable employed

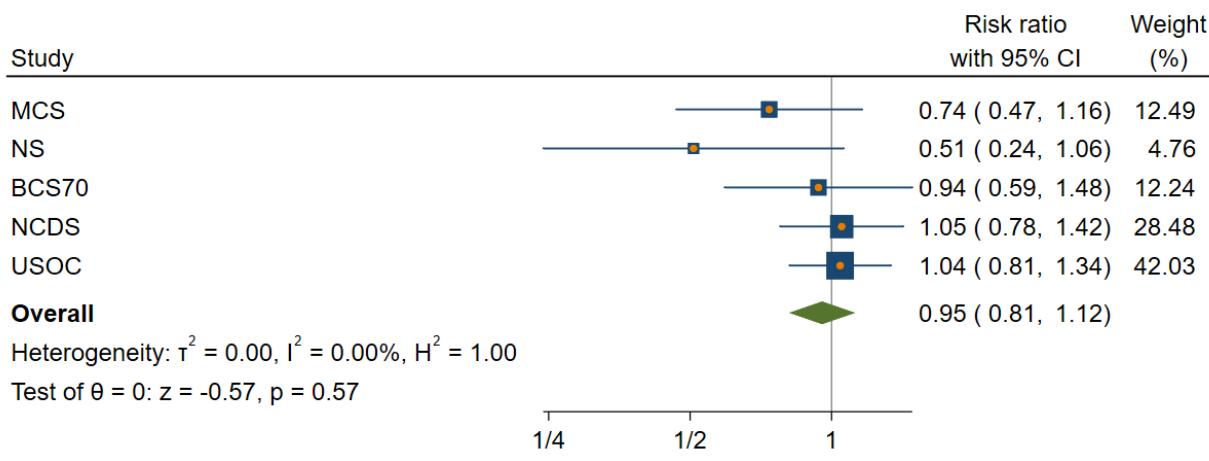
basic adjustment



Random-effects REML model

Currently eats 2 or fewer fruit & veg
No longer employed vs. Stable employed

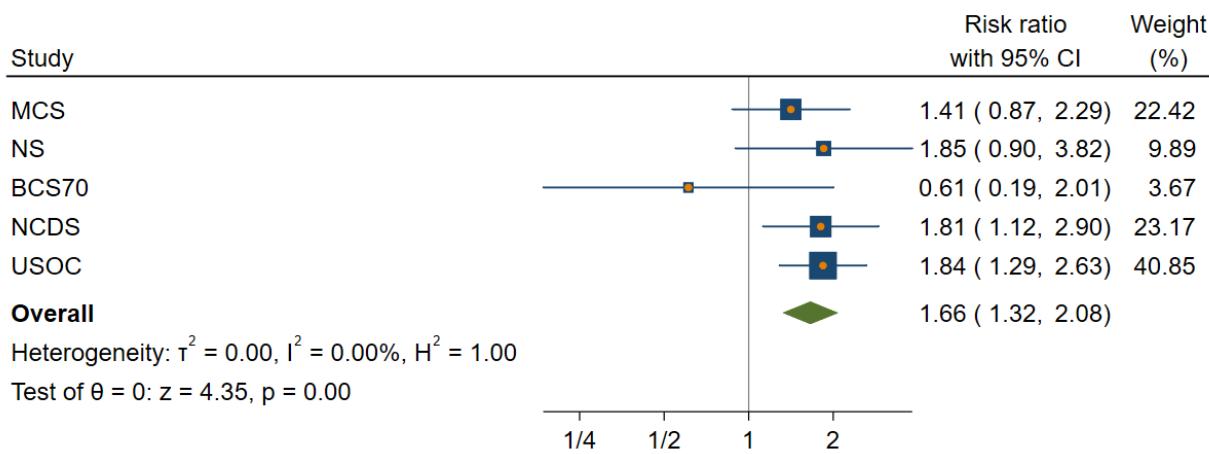
full adjustment



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable unemployed vs. Stable employed

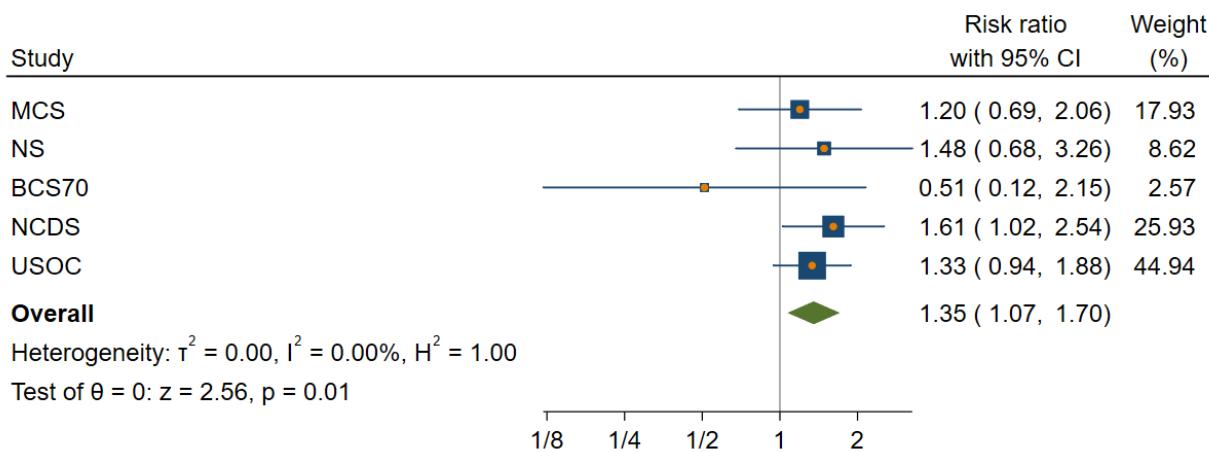
unadjusted



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable unemployed vs. Stable employed

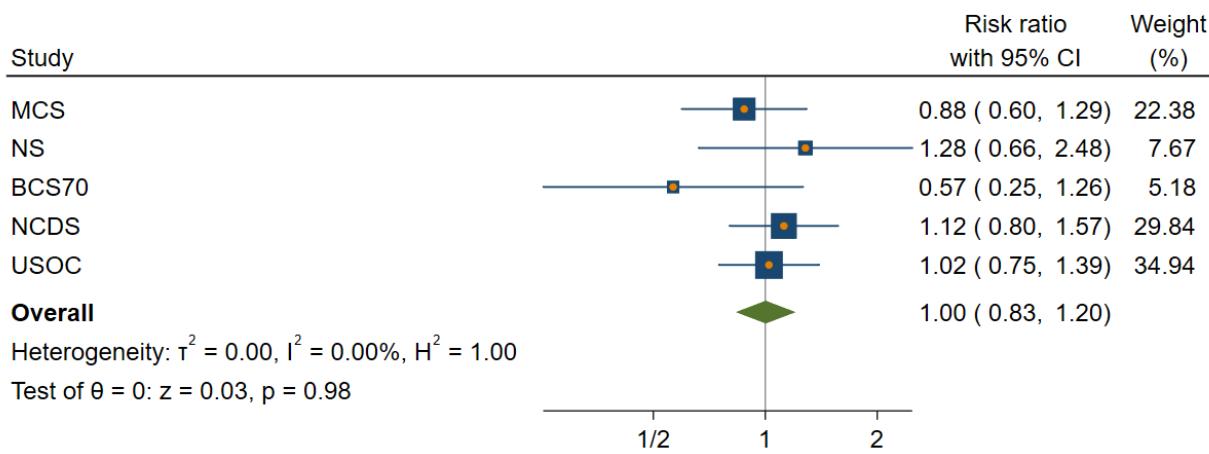
basic adjustment



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable unemployed vs. Stable employed

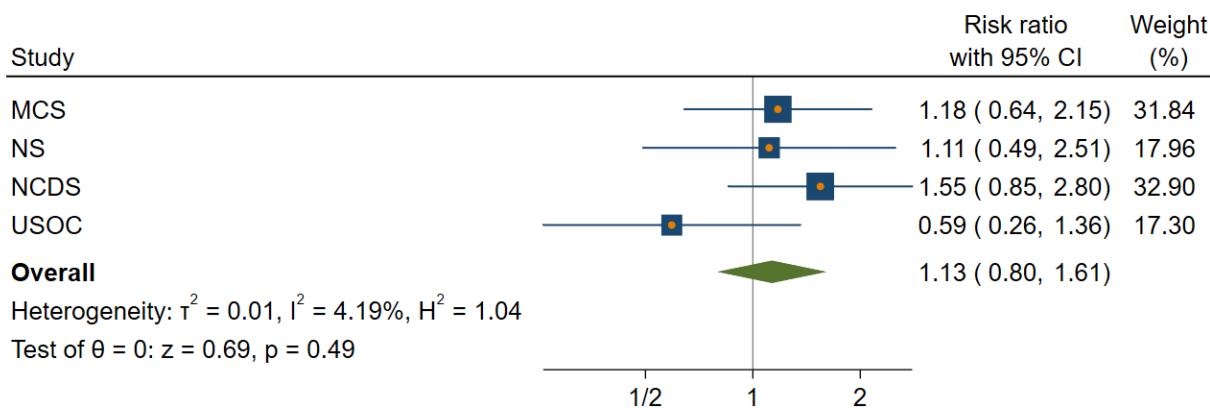
full adjustment



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Became employed vs. Stable employed

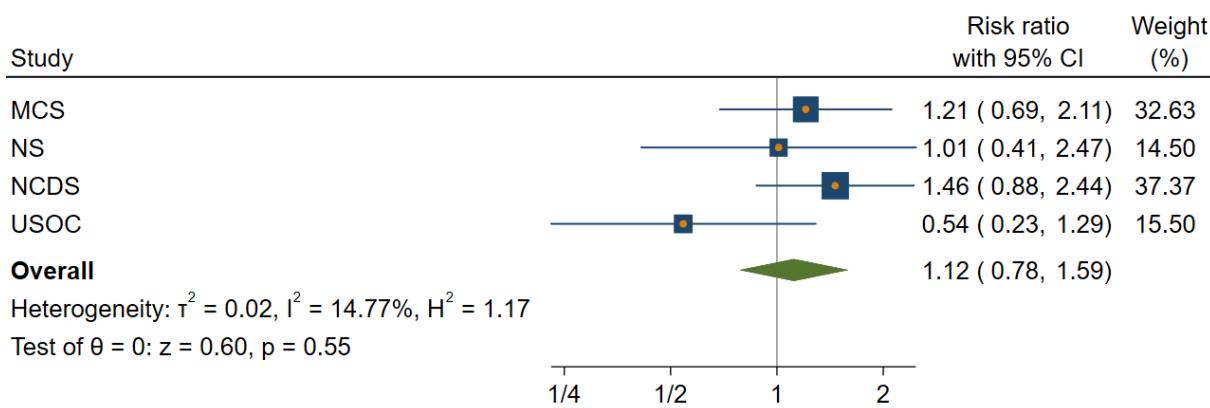
unadjusted



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Became employed vs. Stable employed

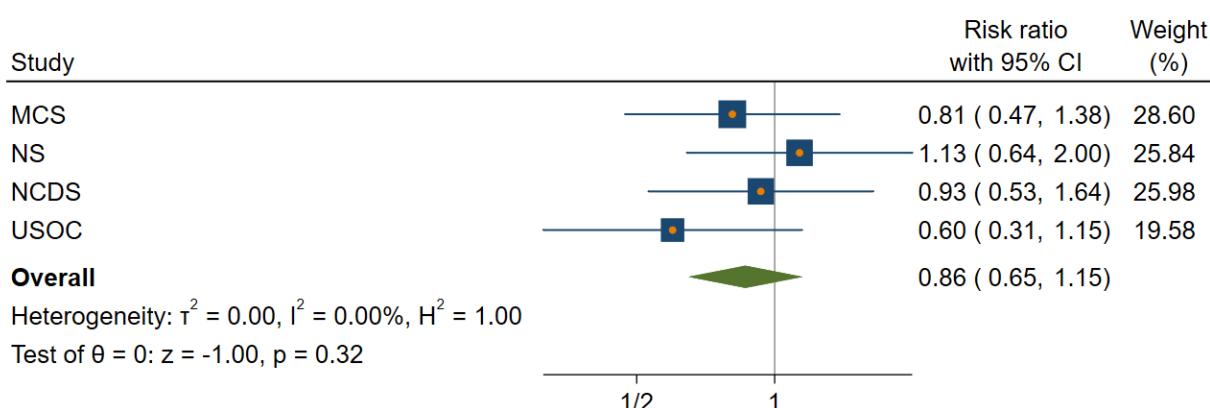
basic adjustment



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Became employed vs. Stable employed

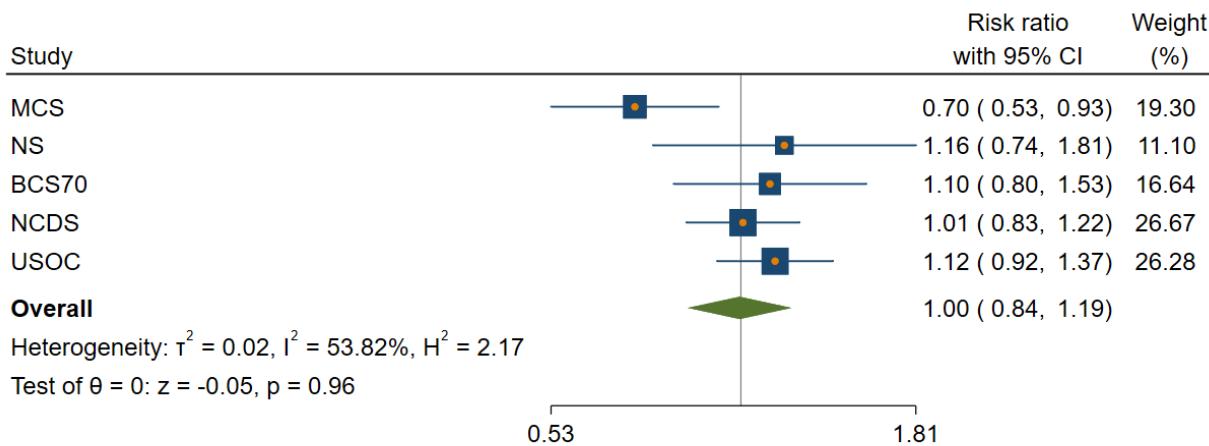
full adjustment



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable non-employed vs. Stable employed

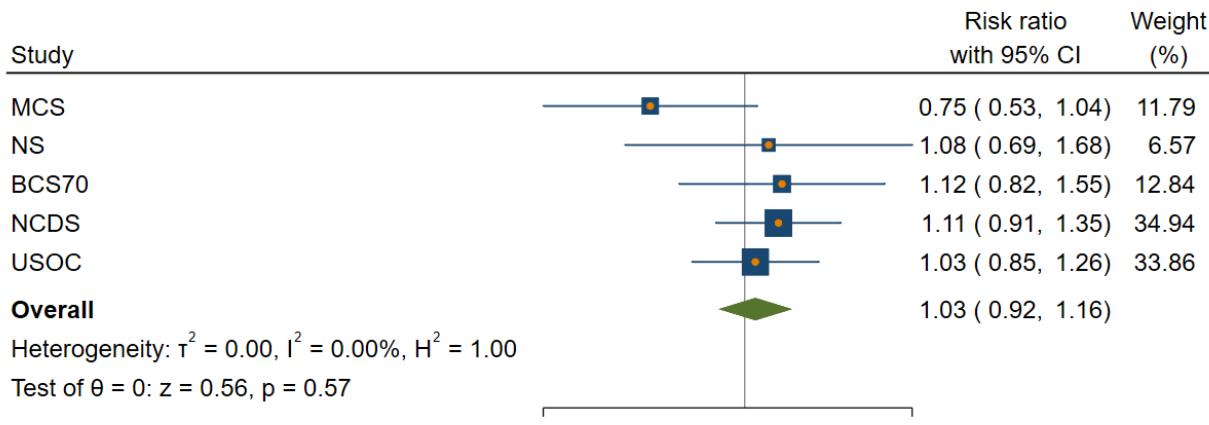
unadjusted



Random-effects REML model

Currently eats 2 or fewer fruit & veg
Stable non-employed vs. Stable employed

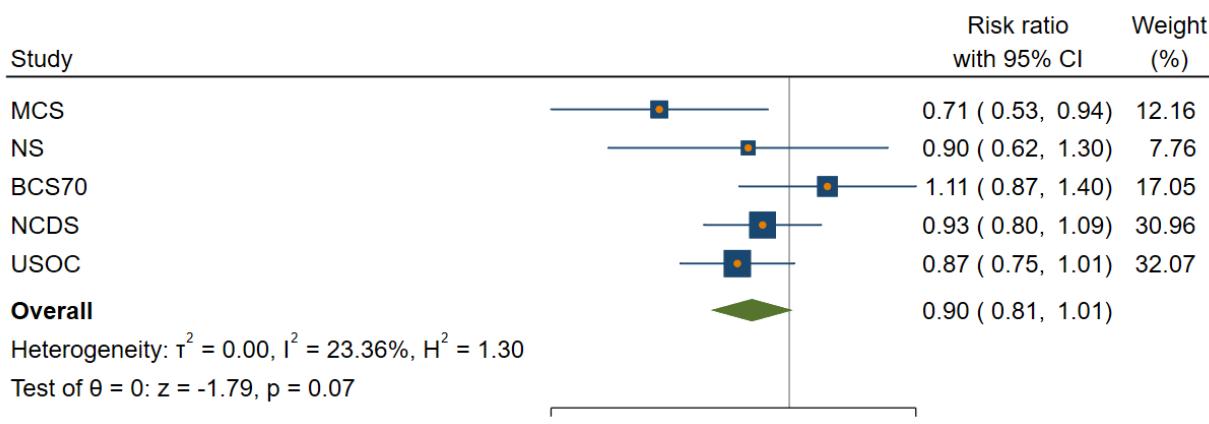
basic adjustment



Random-effects REML model

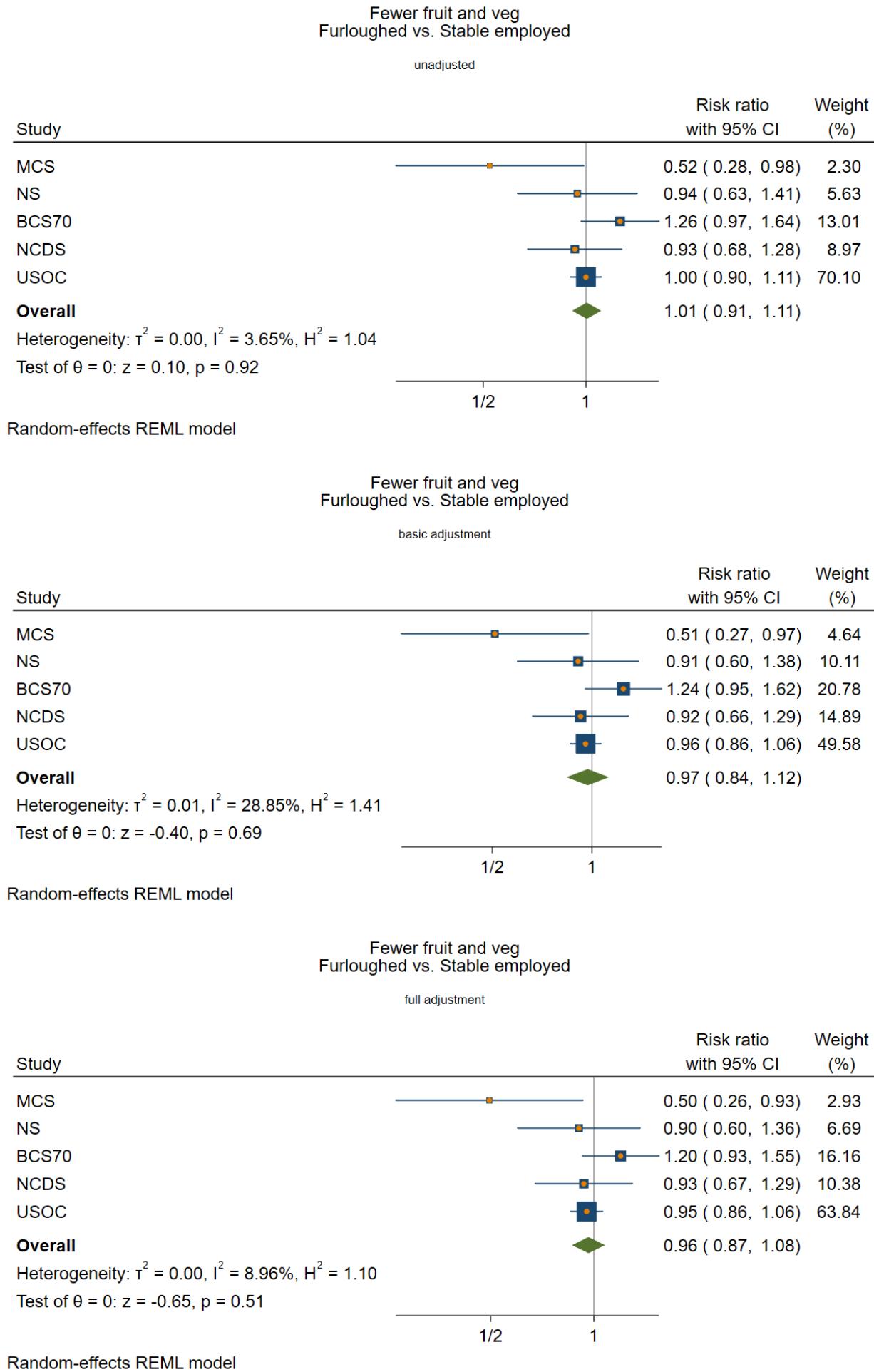
Currently eats 2 or fewer fruit & veg
Stable non-employed vs. Stable employed

full adjustment



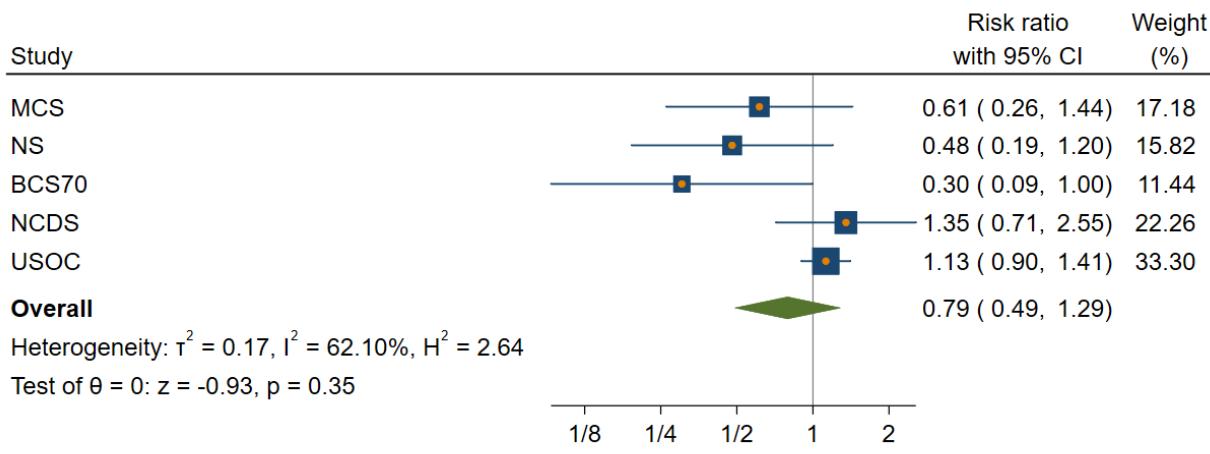
Random-effects REML model

Figure set 2: Fewer fruit and vegetables



Fewer fruit and veg
No longer employed vs. Stable employed

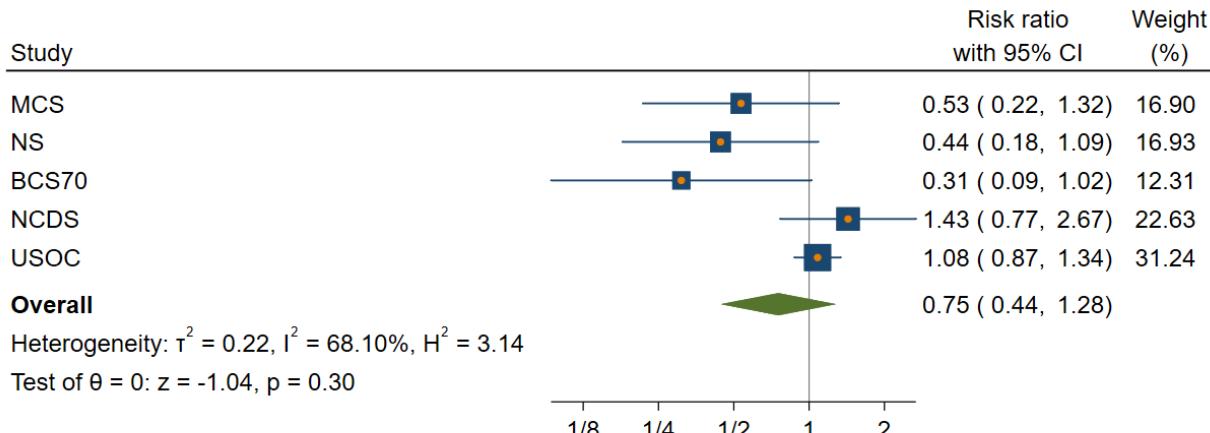
unadjusted



Random-effects REML model

Fewer fruit and veg
No longer employed vs. Stable employed

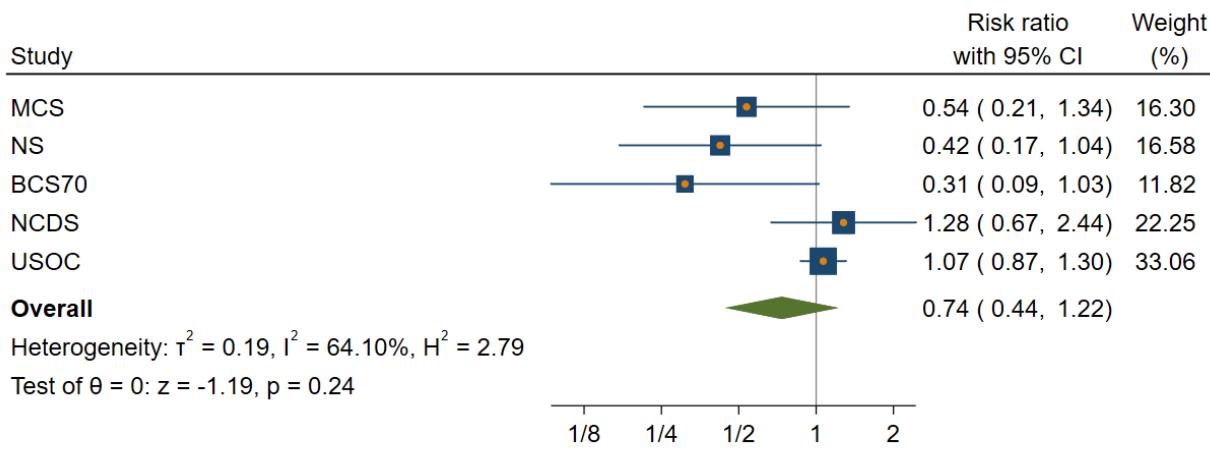
basic adjustment



Random-effects REML model

Fewer fruit and veg
No longer employed vs. Stable employed

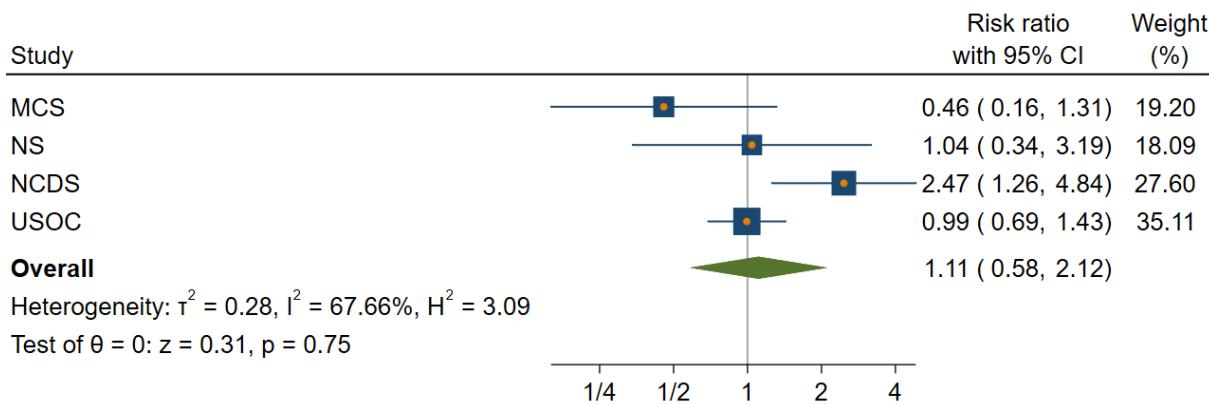
full adjustment



Random-effects REML model

Fewer fruit and veg
Stable unemployed vs. Stable employed

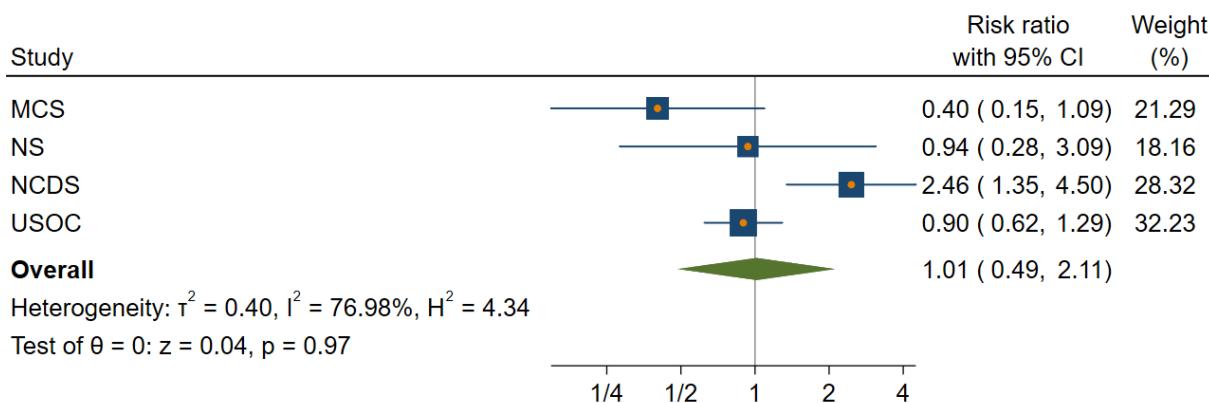
unadjusted



Random-effects REML model

Fewer fruit and veg
Stable unemployed vs. Stable employed

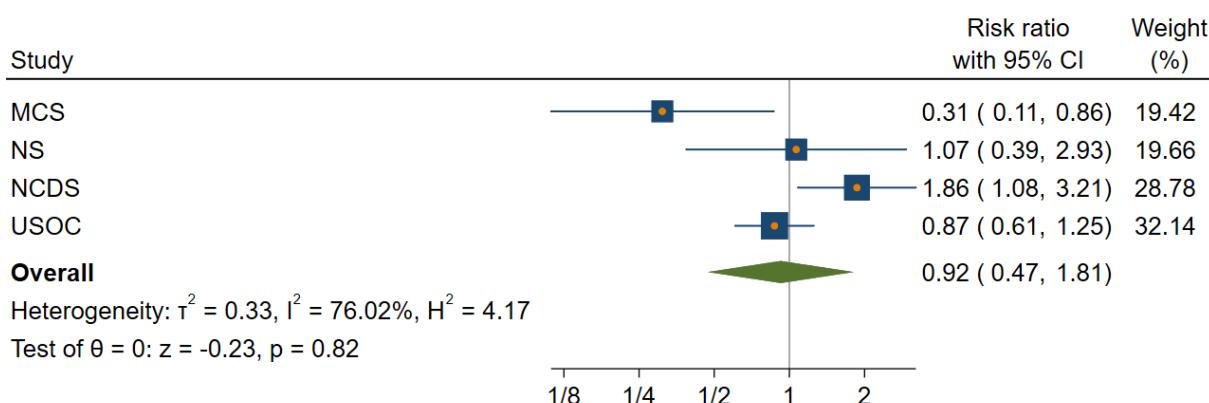
basic adjustment



Random-effects REML model

Fewer fruit and veg
Stable unemployed vs. Stable employed

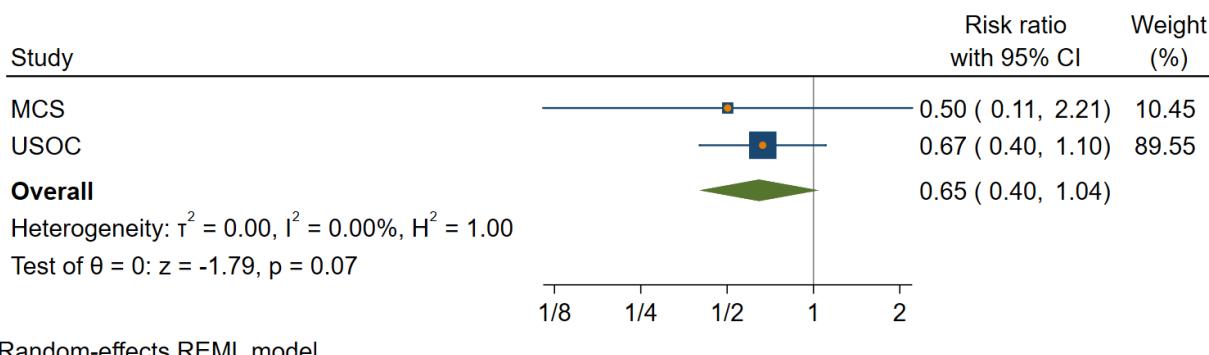
full adjustment



Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed

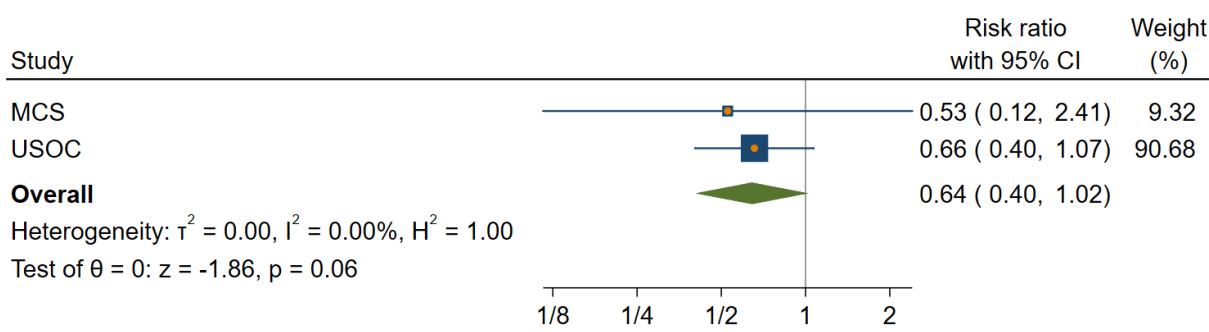
unadjusted



Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed

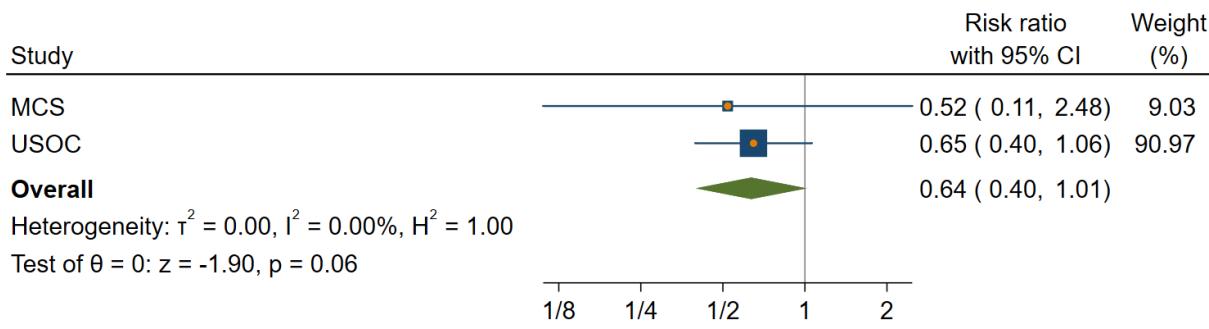
basic adjustment



Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed

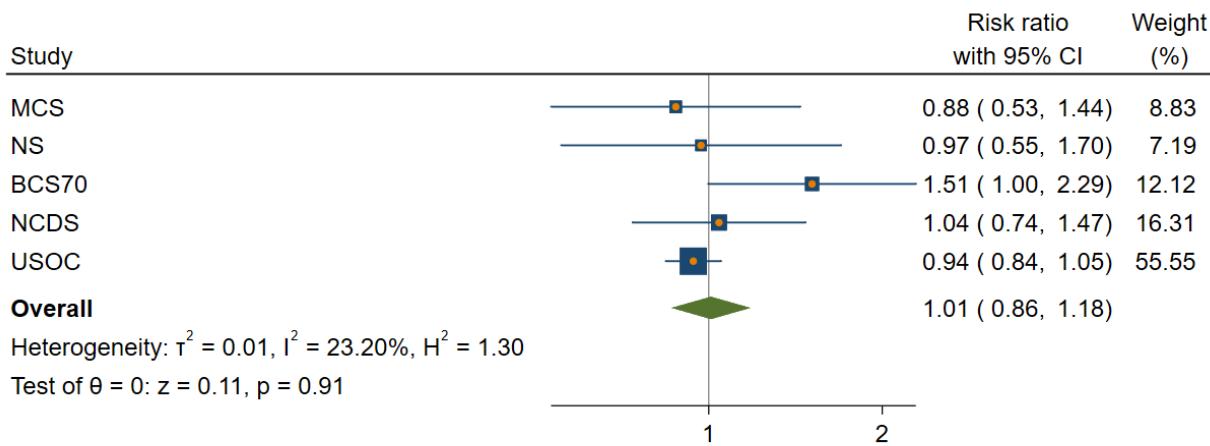
full adjustment



Random-effects REML model

Fewer fruit and veg
Stable non-employed vs. Stable employed

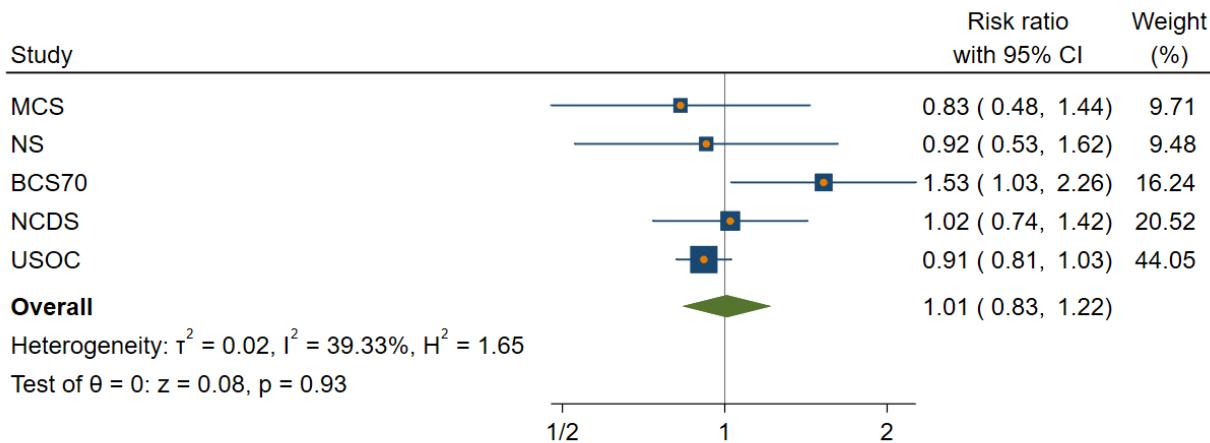
unadjusted



Random-effects REML model

Fewer fruit and veg
Stable non-employed vs. Stable employed

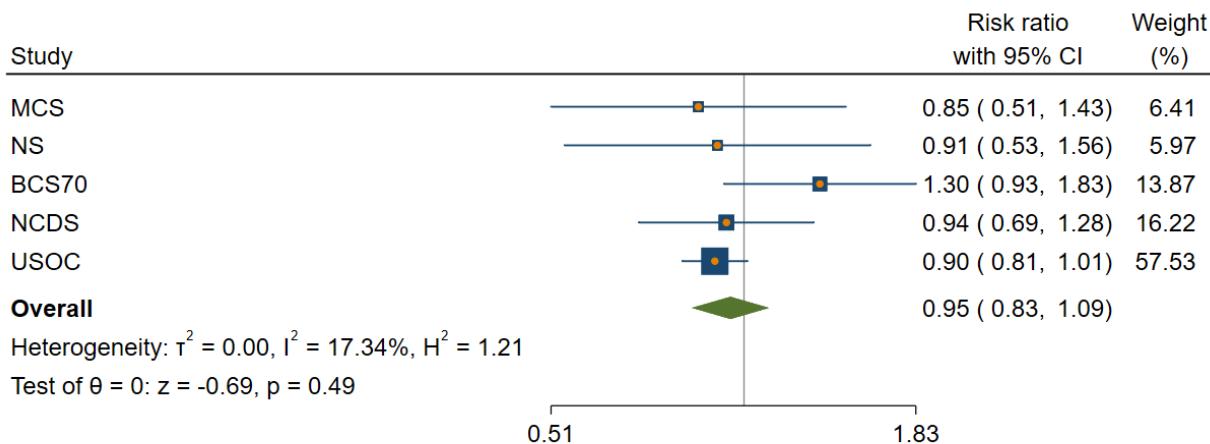
basic adjustment



Random-effects REML model

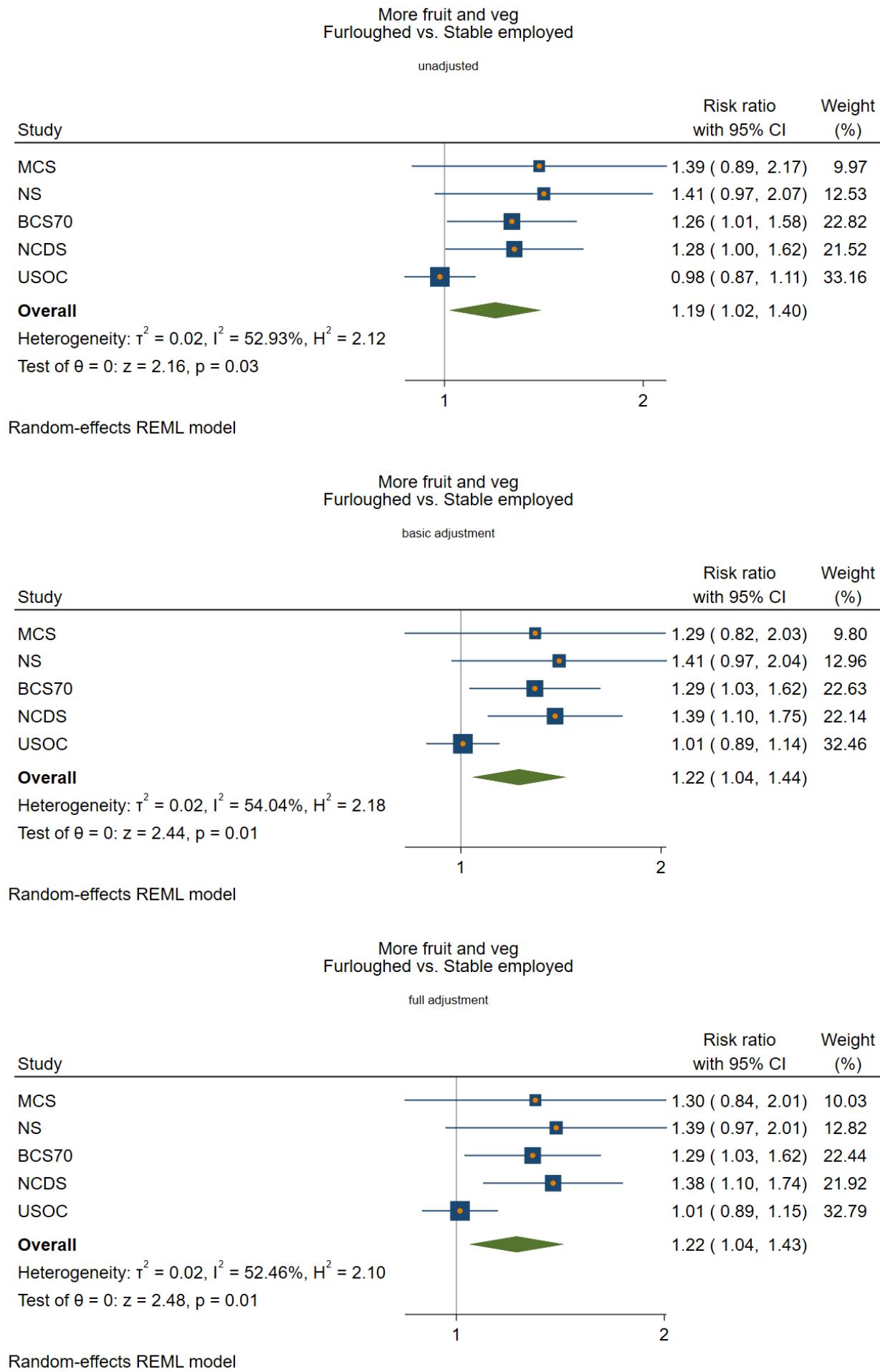
Fewer fruit and veg
Stable non-employed vs. Stable employed

full adjustment



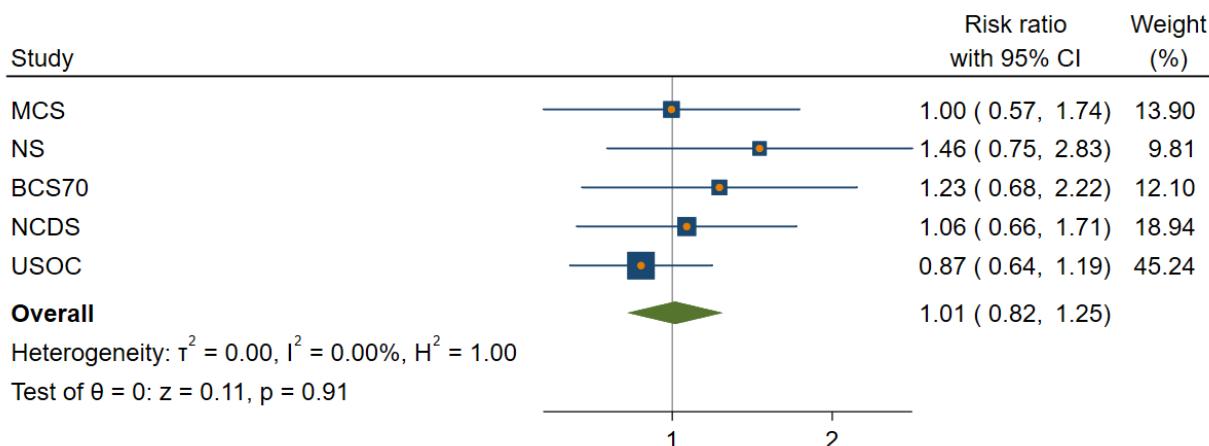
Random-effects REML model

Figure set 3: More fruit and vegetables



More fruit and veg
No longer employed vs. Stable employed

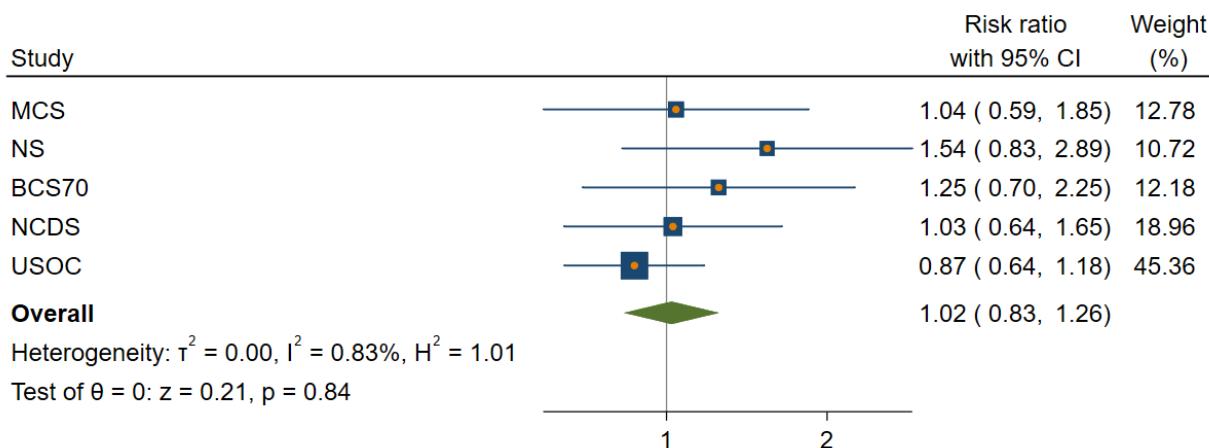
unadjusted



Random-effects REML model

More fruit and veg
No longer employed vs. Stable employed

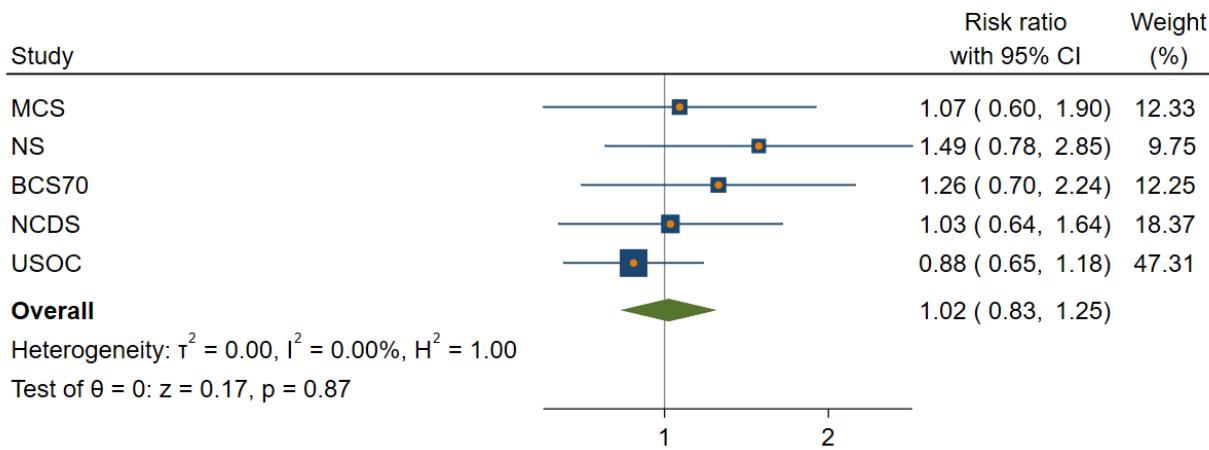
basic adjustment



Random-effects REML model

More fruit and veg
No longer employed vs. Stable employed

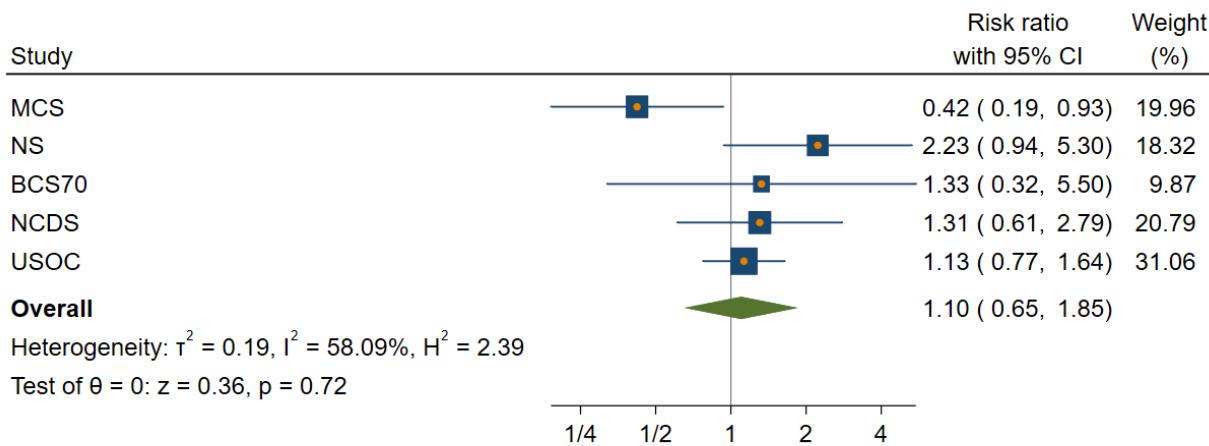
full adjustment



Random-effects REML model

More fruit and veg
Stable unemployed vs. Stable employed

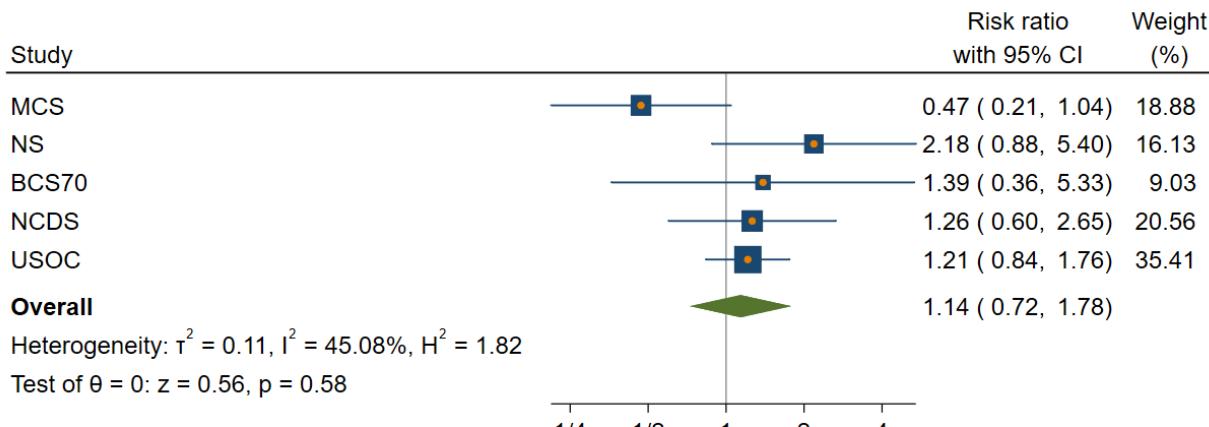
unadjusted



Random-effects REML model

More fruit and veg
Stable unemployed vs. Stable employed

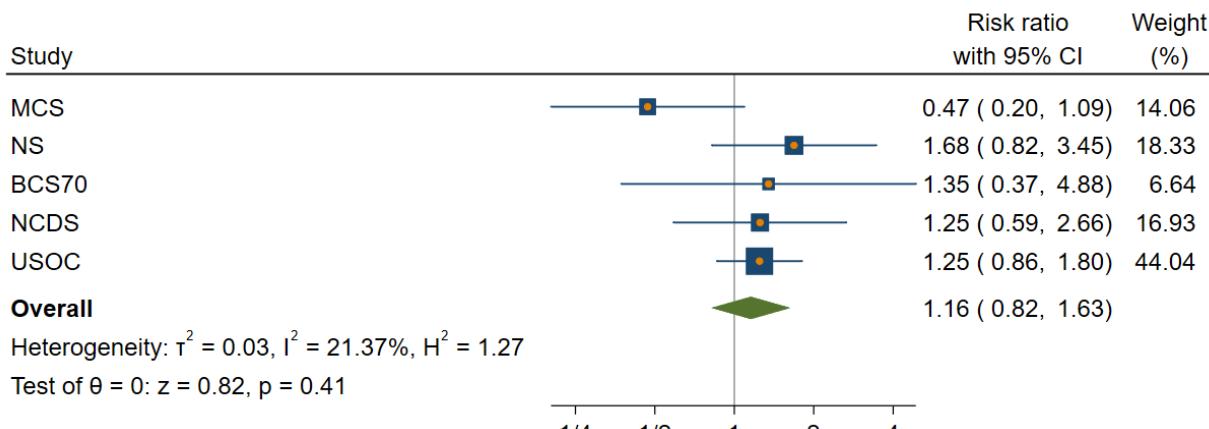
basic adjustment



Random-effects REML model

More fruit and veg
Stable unemployed vs. Stable employed

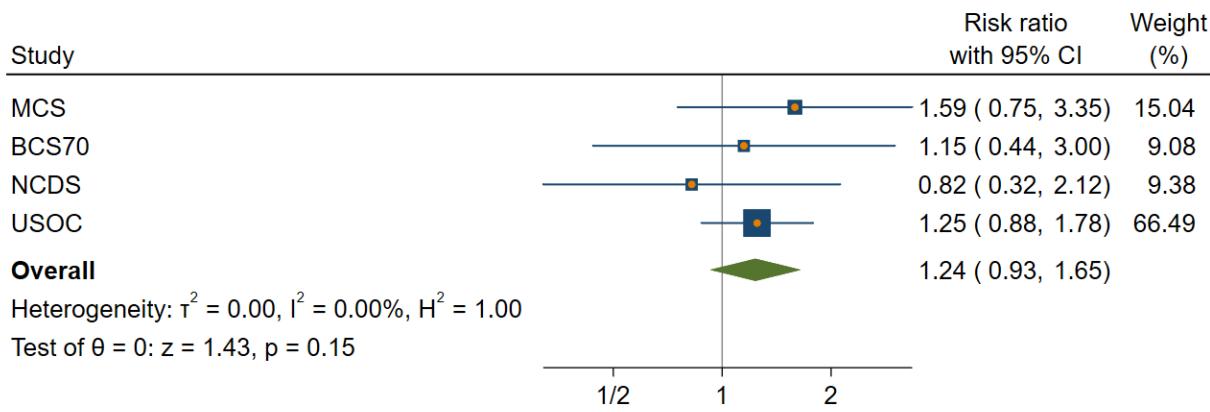
full adjustment



Random-effects REML model

More fruit and veg
Became employed vs. Stable employed

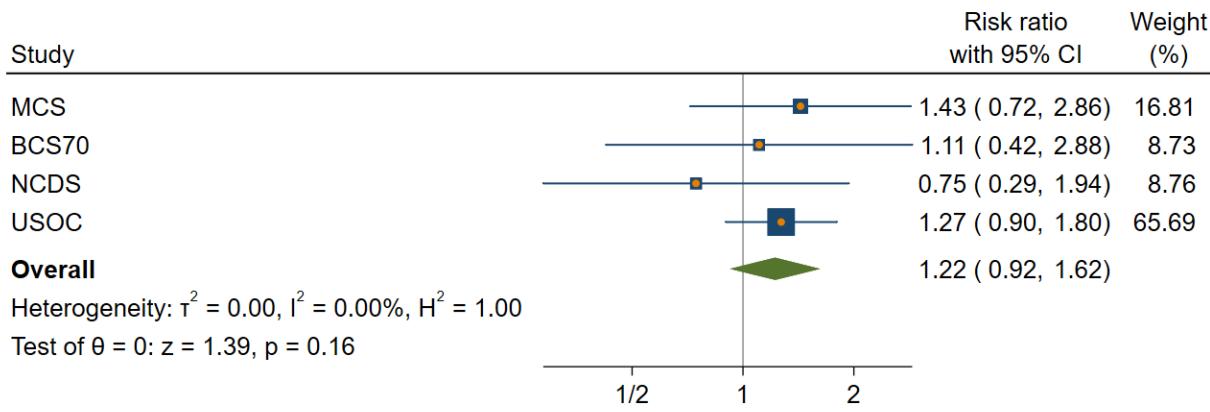
unadjusted



Random-effects REML model

More fruit and veg
Became employed vs. Stable employed

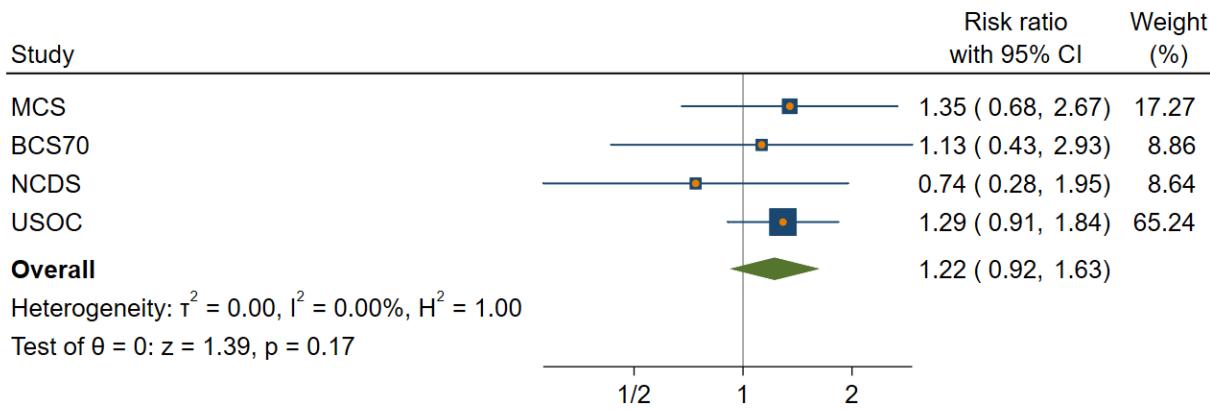
basic adjustment



Random-effects REML model

More fruit and veg
Became employed vs. Stable employed

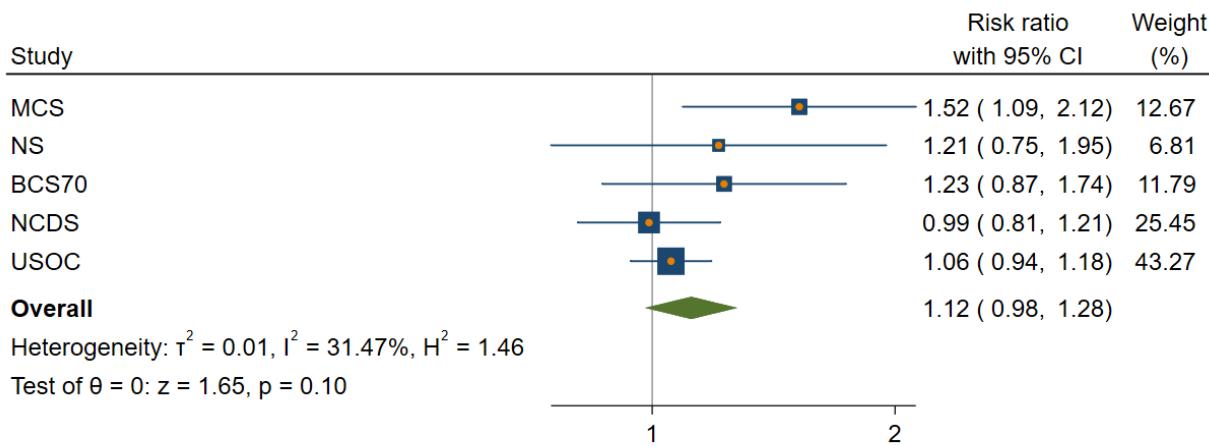
full adjustment



Random-effects REML model

More fruit and veg
Stable non-employed vs. Stable employed

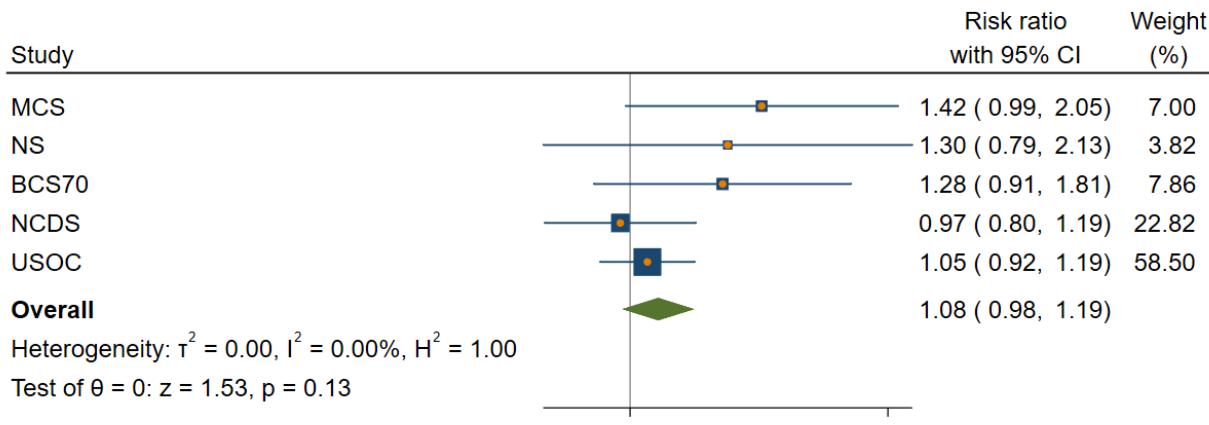
unadjusted



Random-effects REML model

More fruit and veg
Stable non-employed vs. Stable employed

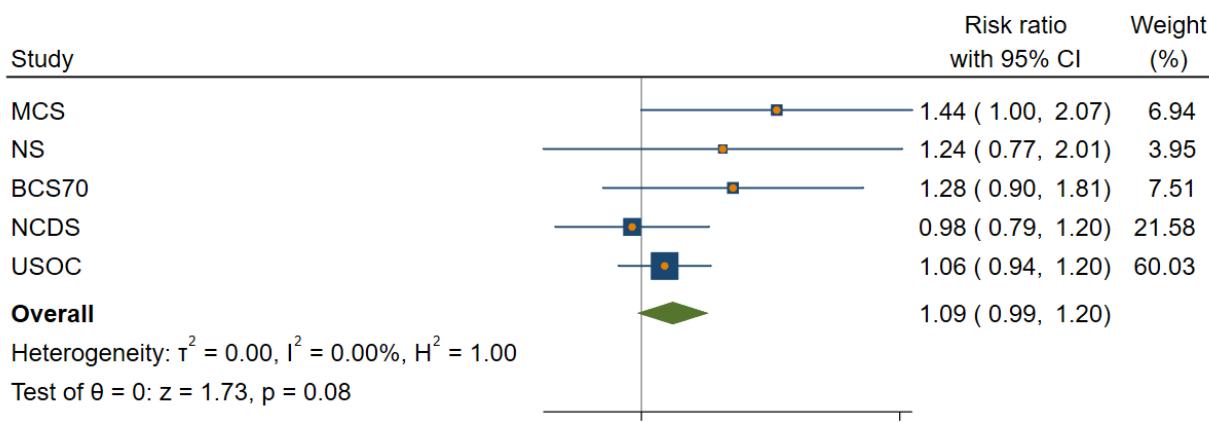
basic adjustment



Random-effects REML model

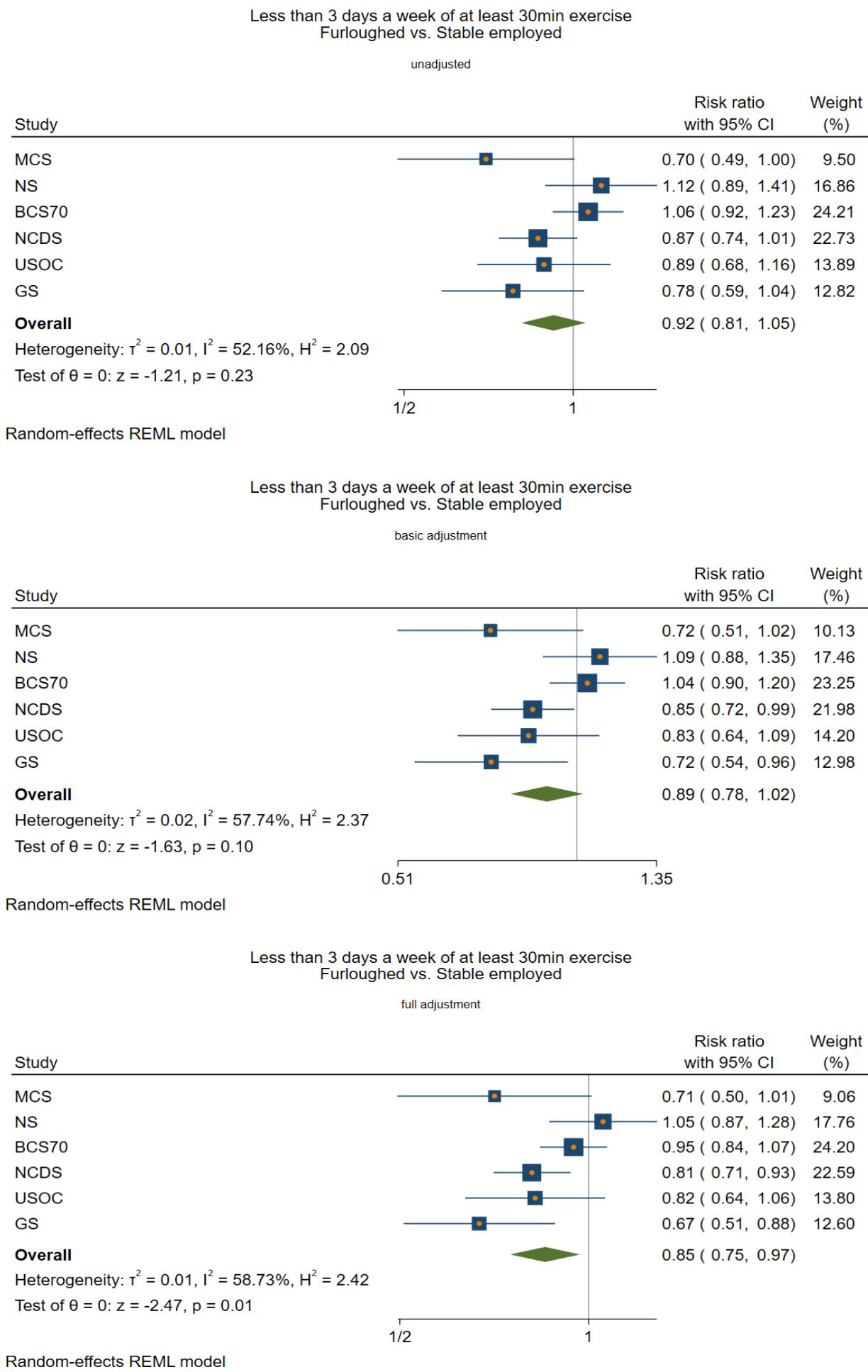
More fruit and veg
Stable non-employed vs. Stable employed

full adjustment



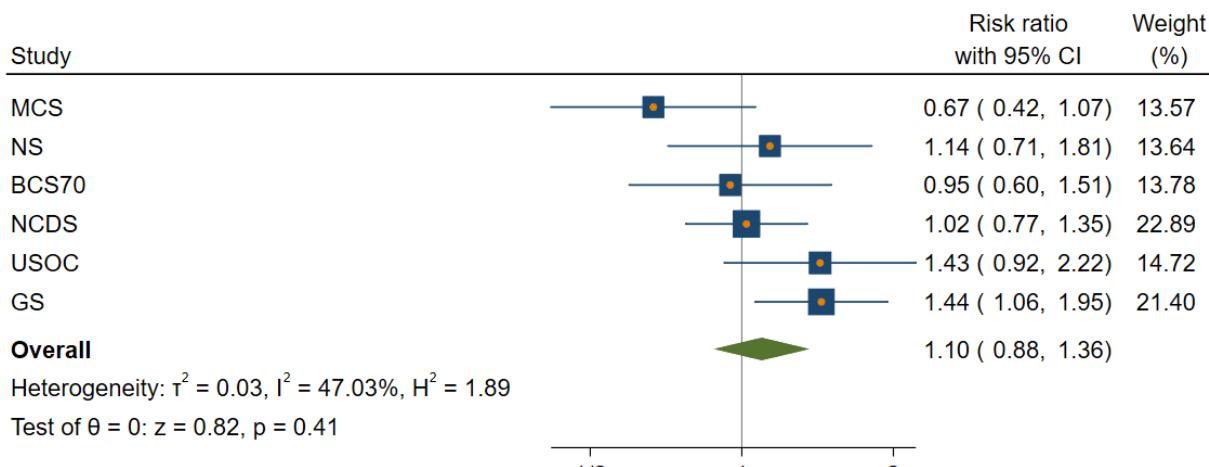
Random-effects REML model

Figure set 4: Less than 3 days a week of at least 30 min exercise



Less than 3 days a week of at least 30min exercise
No longer employed vs. Stable employed

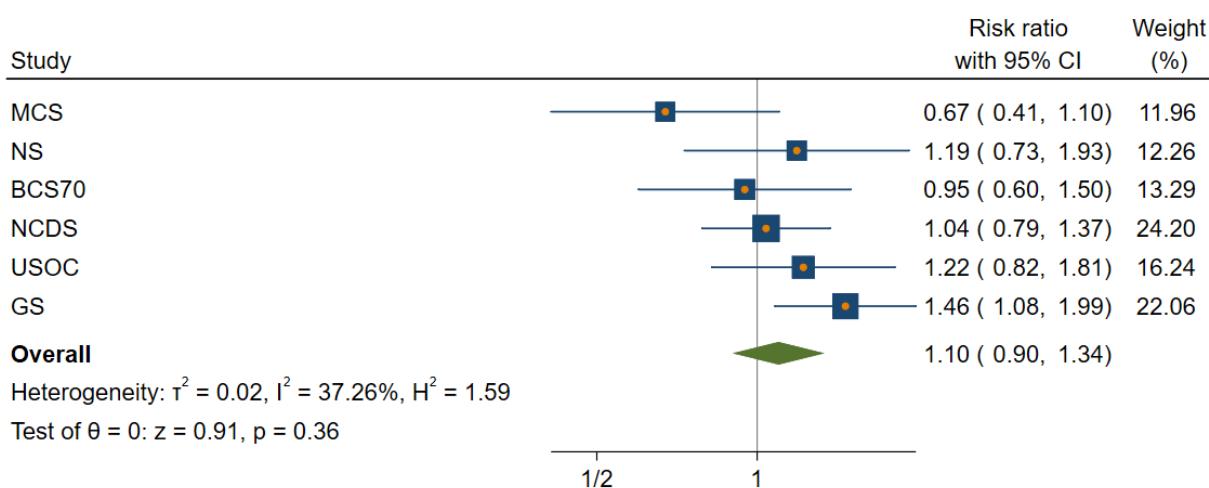
unadjusted



Random-effects REML model

Less than 3 days a week of at least 30min exercise
No longer employed vs. Stable employed

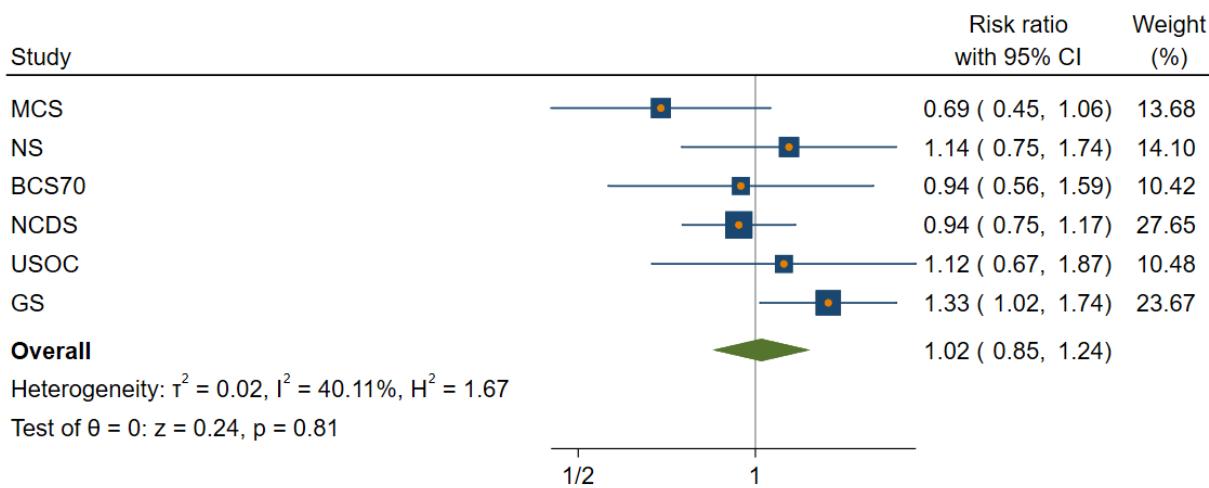
basic adjustment



Random-effects REML model

Less than 3 days a week of at least 30min exercise
No longer employed vs. Stable employed

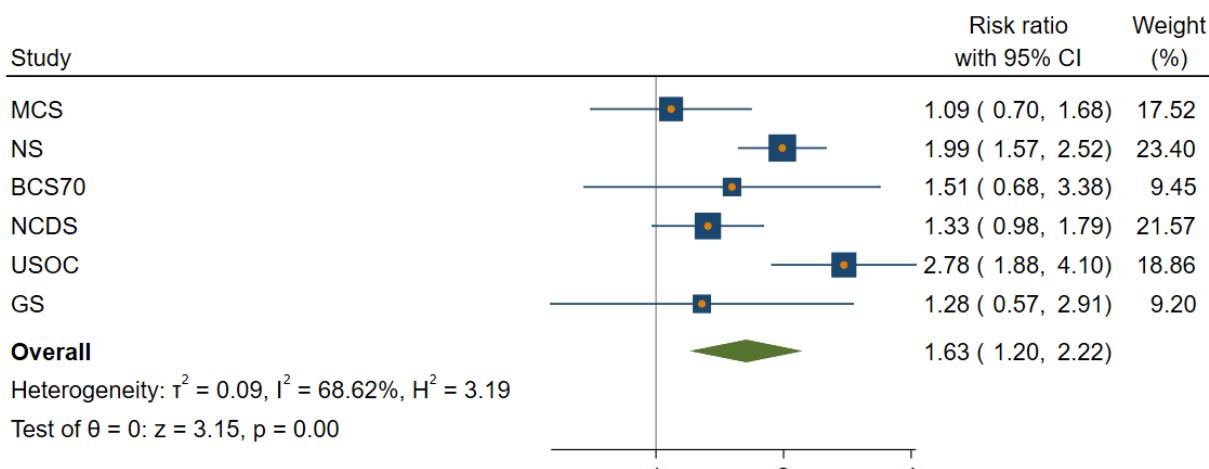
full adjustment



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Stable unemployed vs. Stable employed

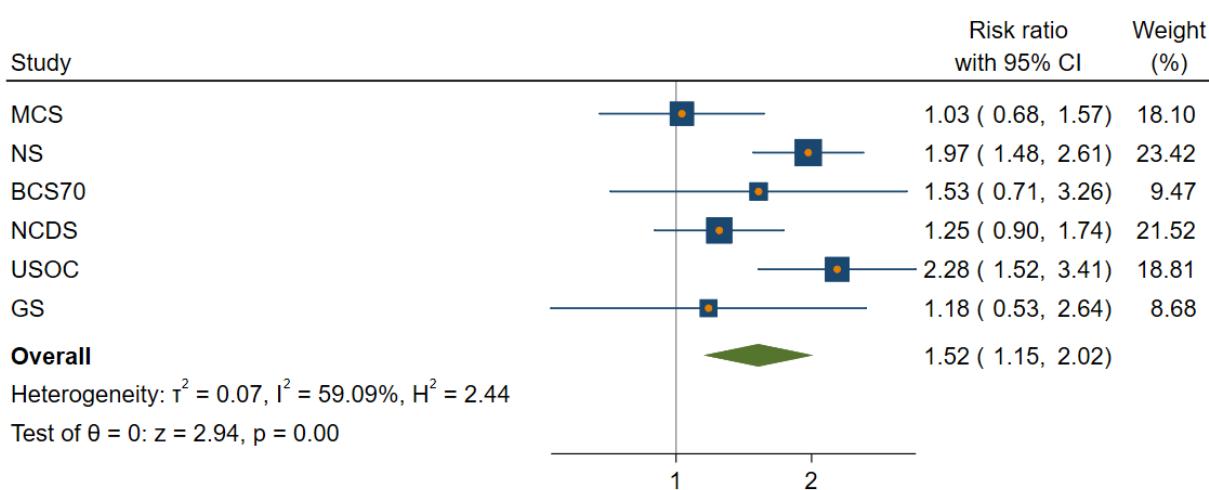
unadjusted



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Stable unemployed vs. Stable employed

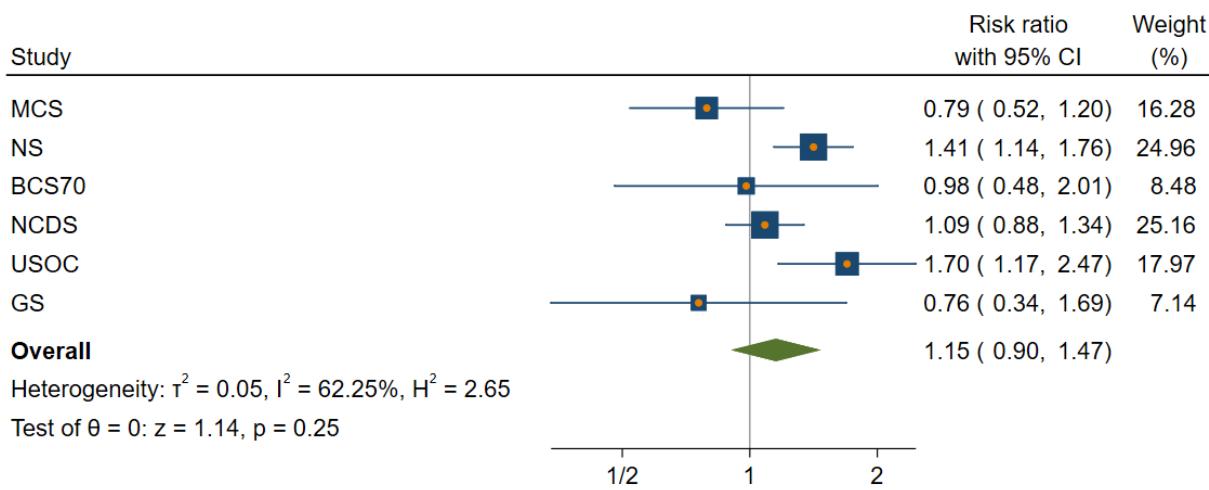
basic adjustment



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Stable unemployed vs. Stable employed

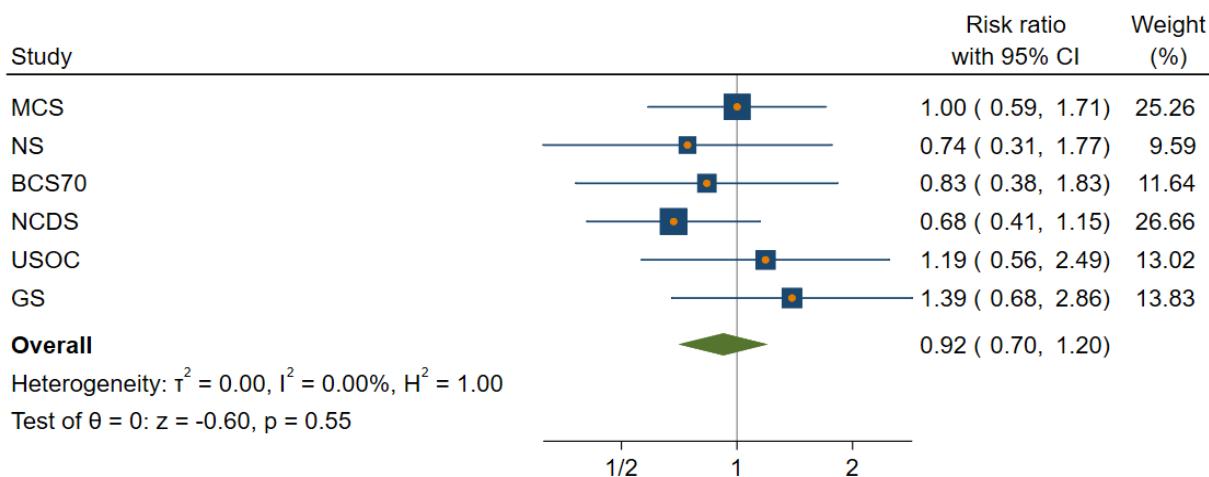
full adjustment



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Became employed vs. Stable employed

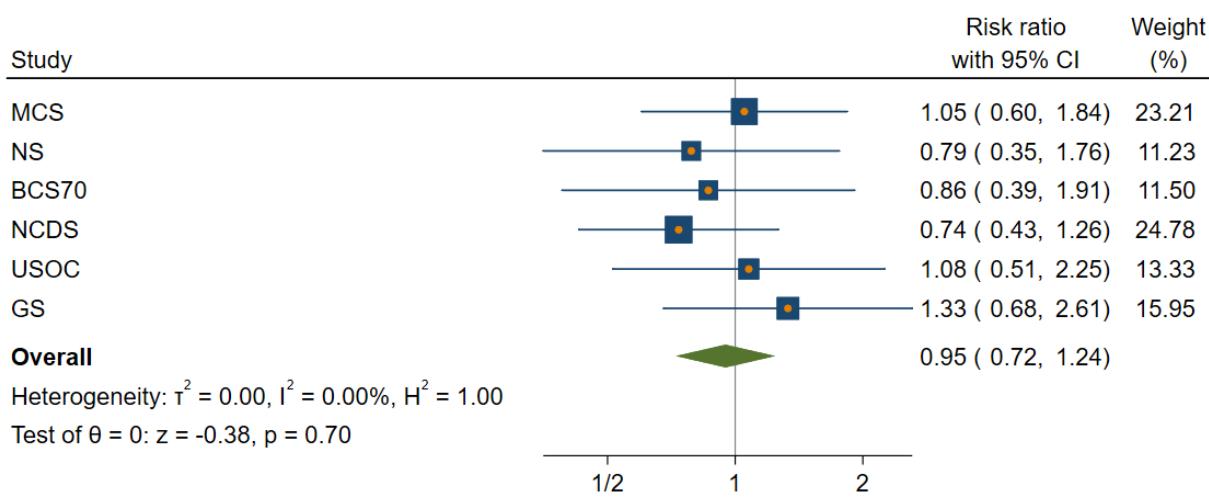
unadjusted



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Became employed vs. Stable employed

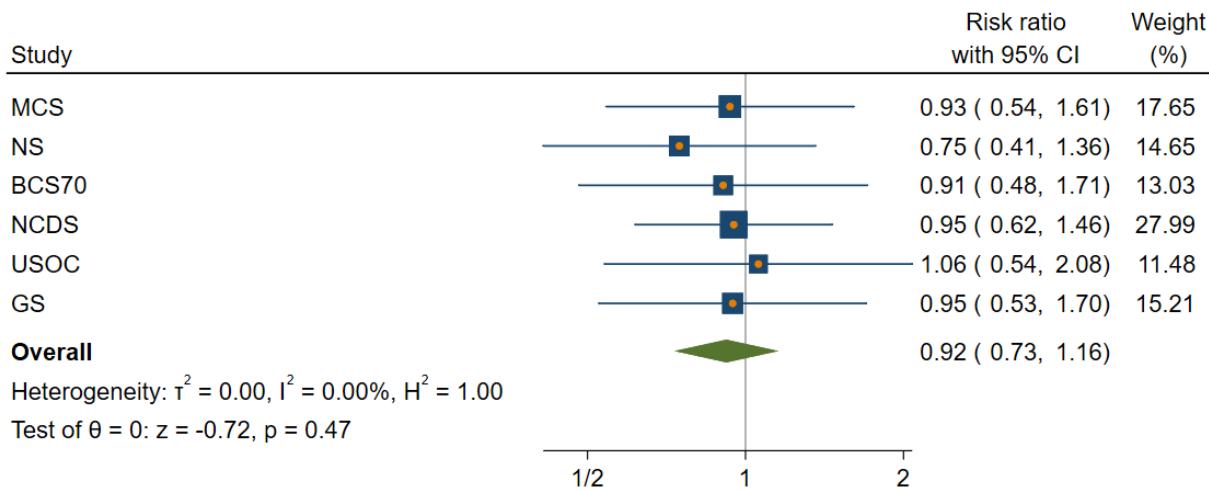
basic adjustment



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Became employed vs. Stable employed

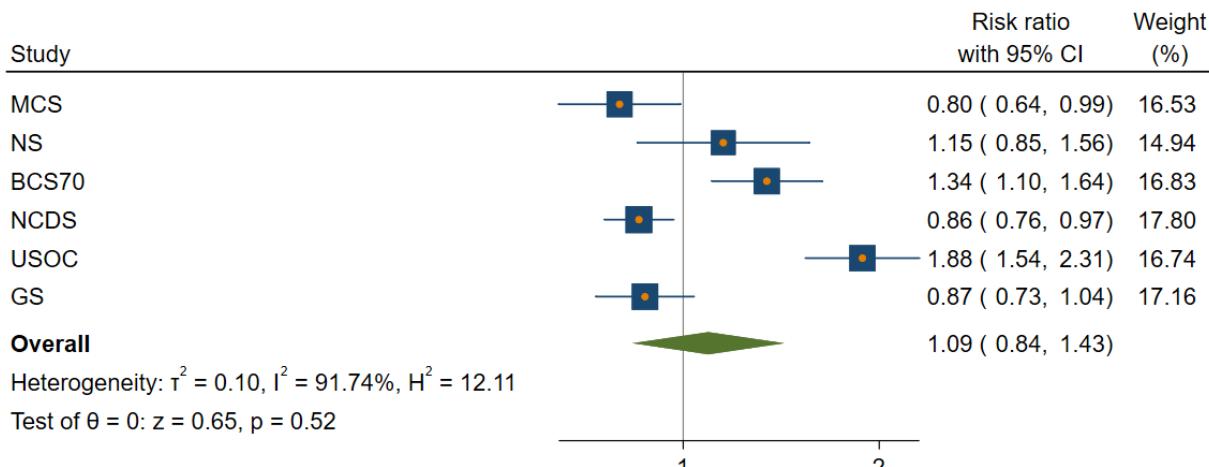
full adjustment



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Stable non-employed vs. Stable employed

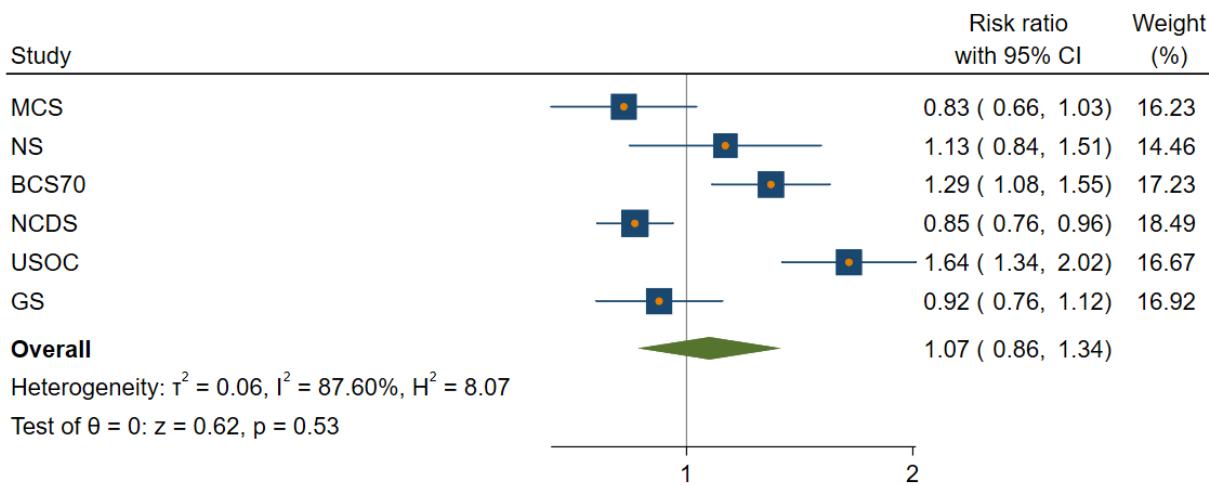
unadjusted



Random-effects REML model

Less than 3 days a week of at least 30min exercise
Stable non-employed vs. Stable employed

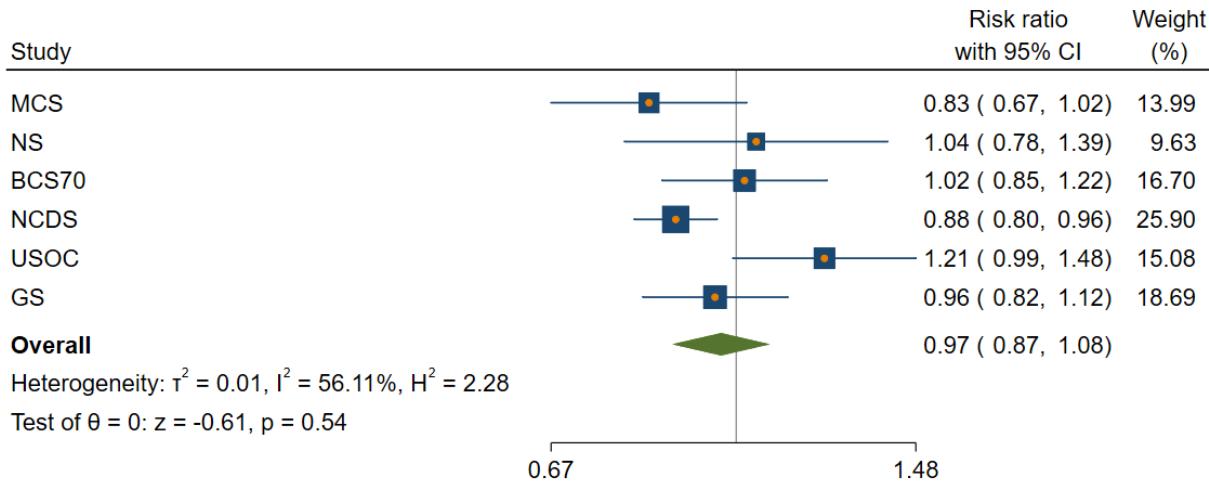
basic adjustment



Random-effects REML model

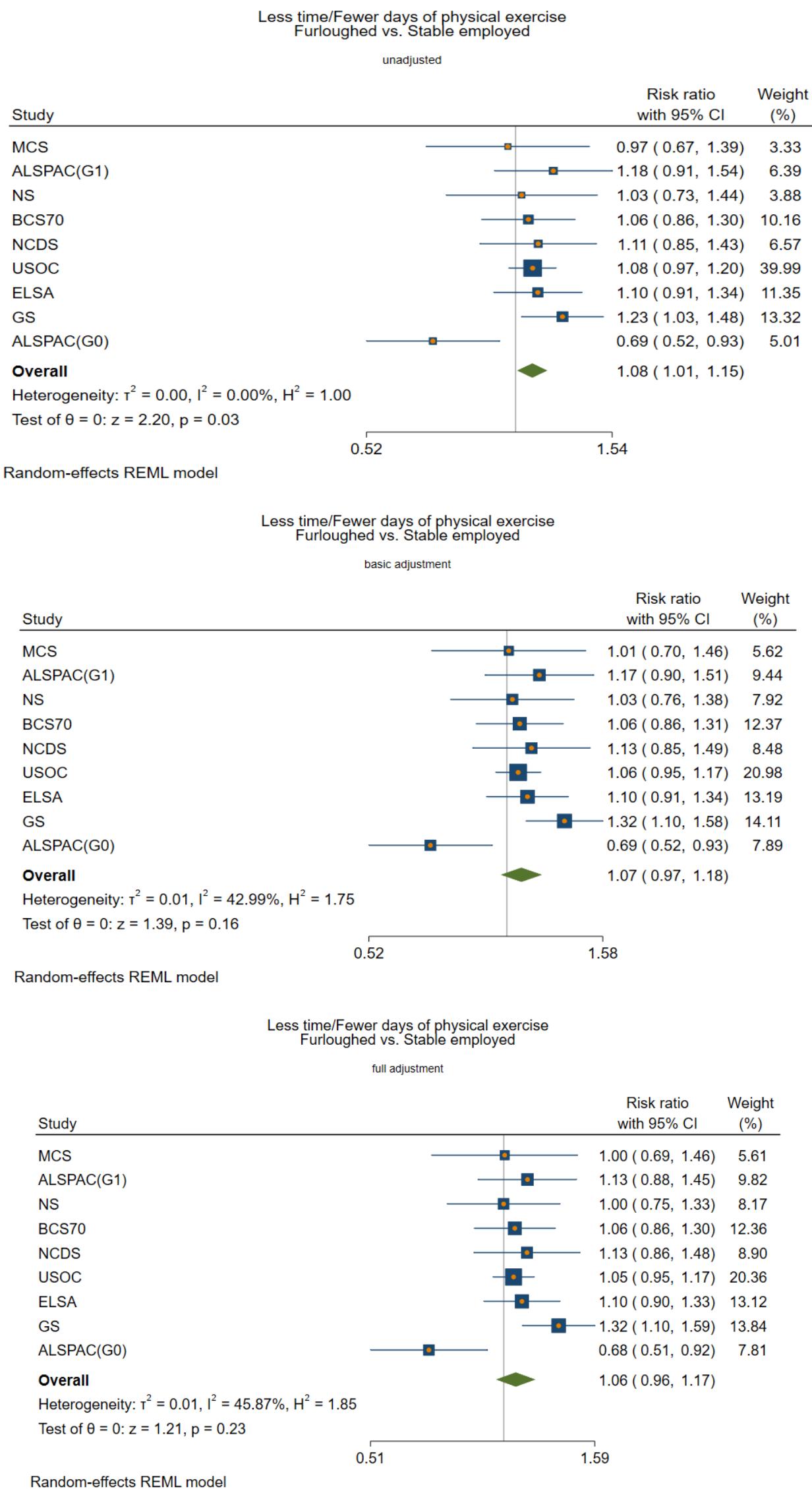
Less than 3 days a week of at least 30min exercise
Stable non-employed vs. Stable employed

full adjustment



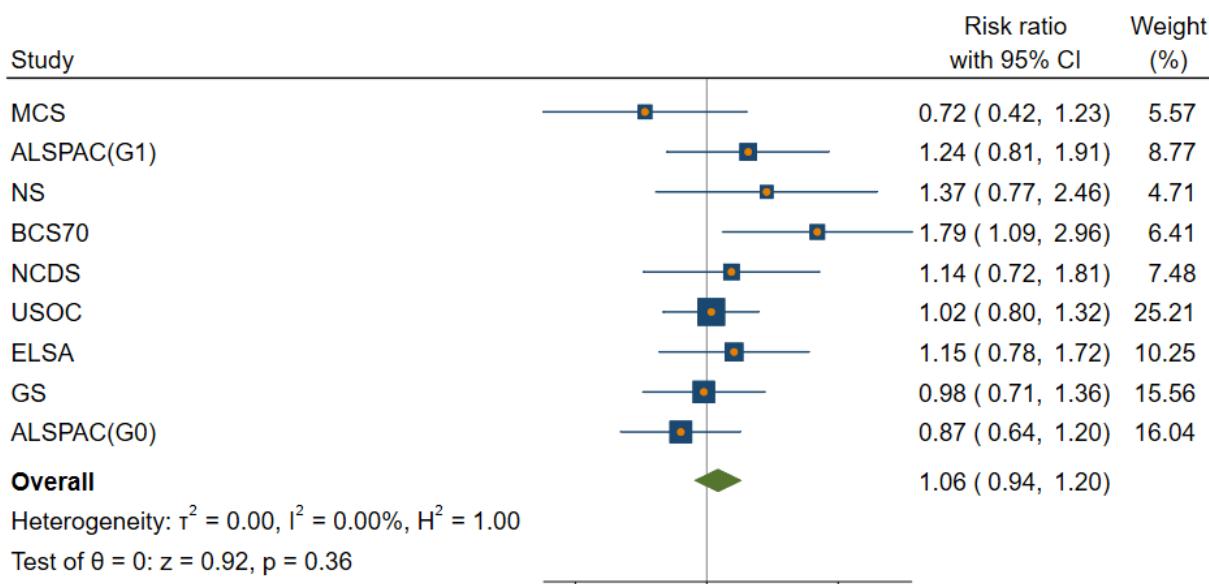
Random-effects REML model

Figure set 5: Less time/fewer days of physical exercise



Less time/Fewer days of physical exercise
No longer employed vs. Stable employed

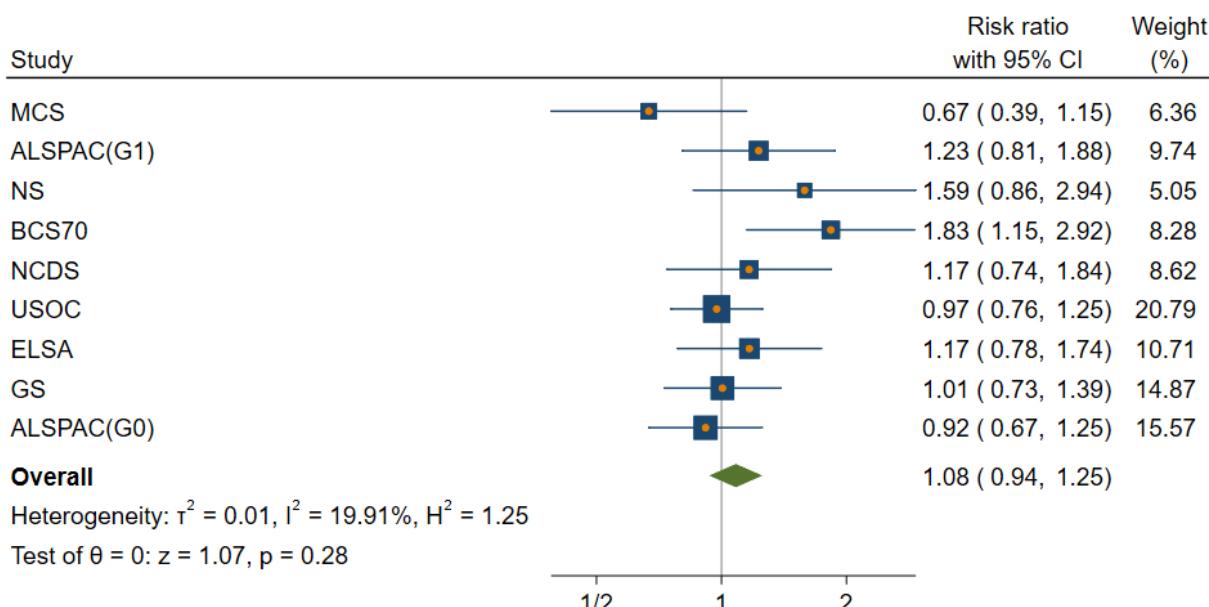
unadjusted



Random-effects REML model

Less time/Fewer days of physical exercise
No longer employed vs. Stable employed

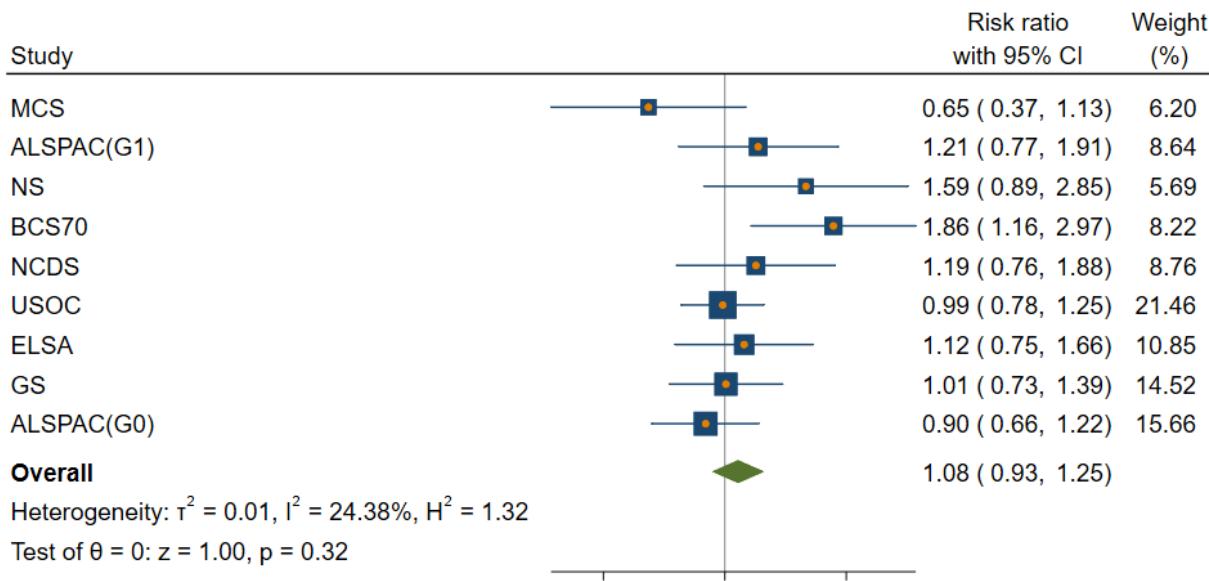
basic adjustment



Random-effects REML model

Less time/Fewer days of physical exercise
No longer employed vs. Stable employed

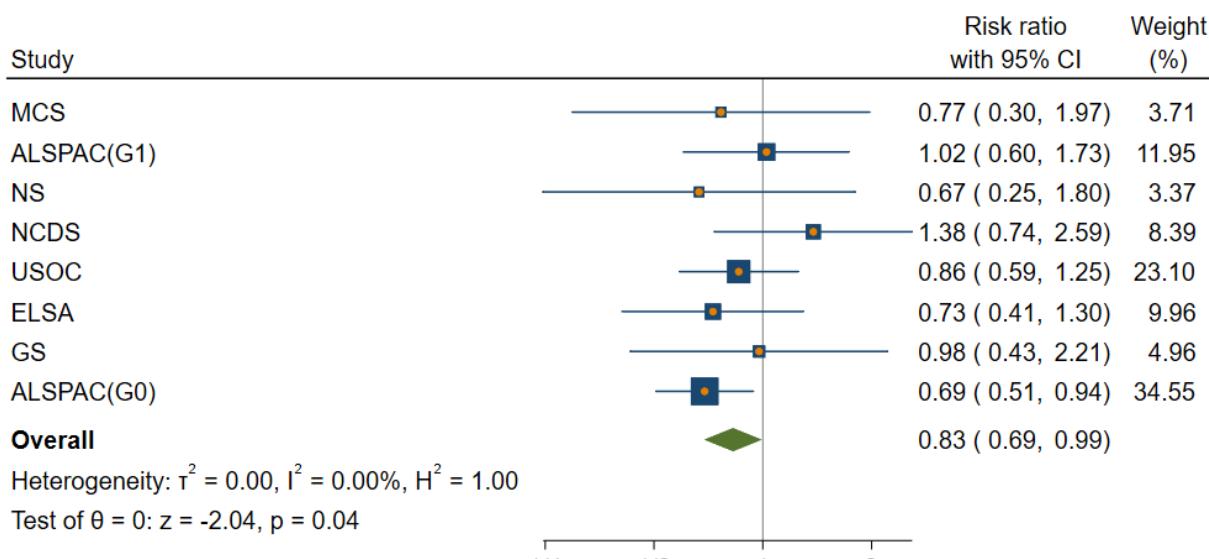
full adjustment



Random-effects REML model

Less time/Fewer days of physical exercise
Stable unemployed vs. Stable employed

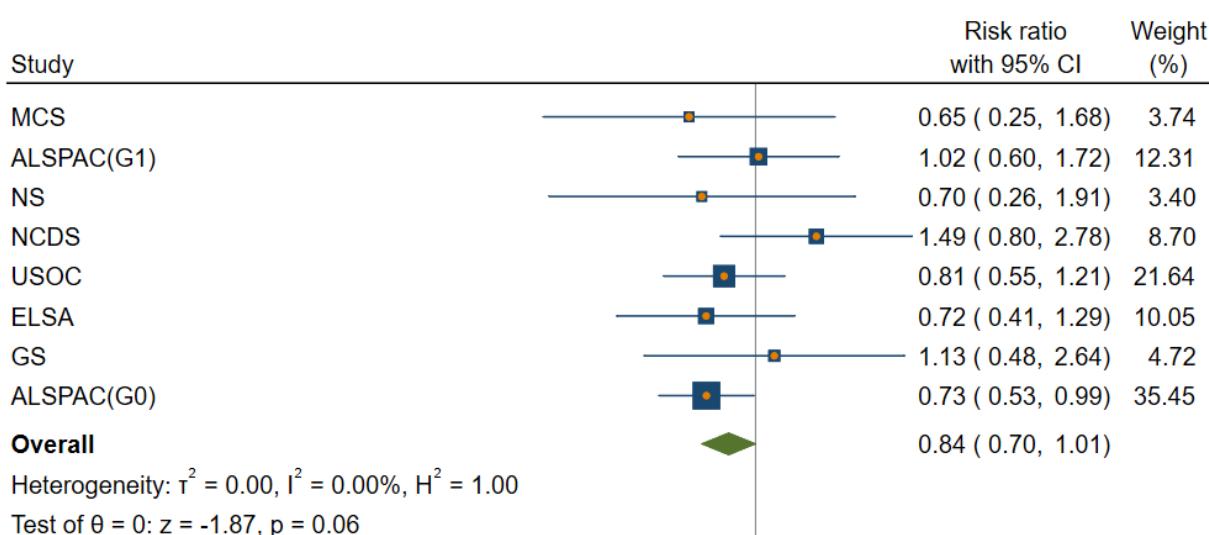
unadjusted



Random-effects REML model

Less time/Fewer days of physical exercise
Stable unemployed vs. Stable employed

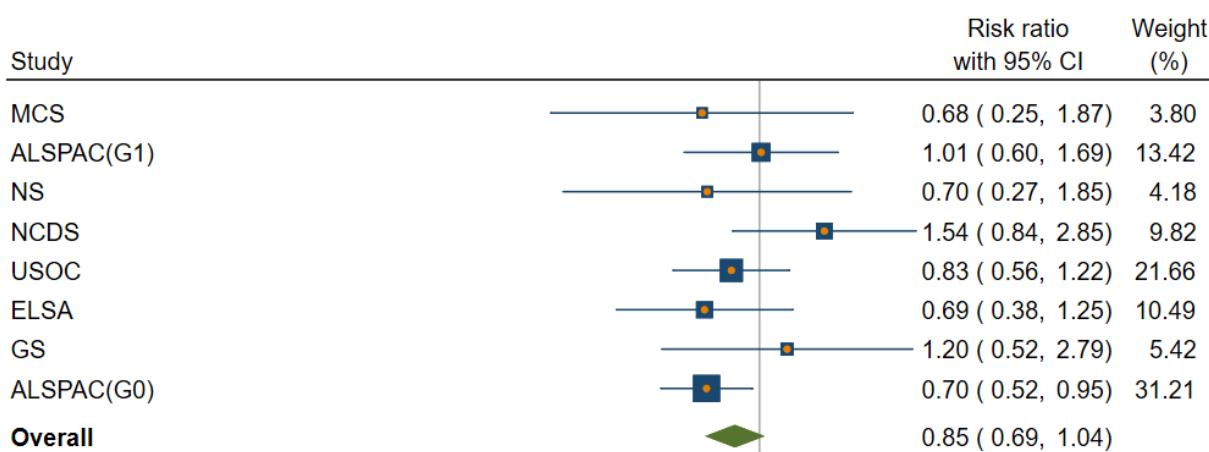
basic adjustment



Random-effects REML model

Less time/Fewer days of physical exercise
Stable unemployed vs. Stable employed

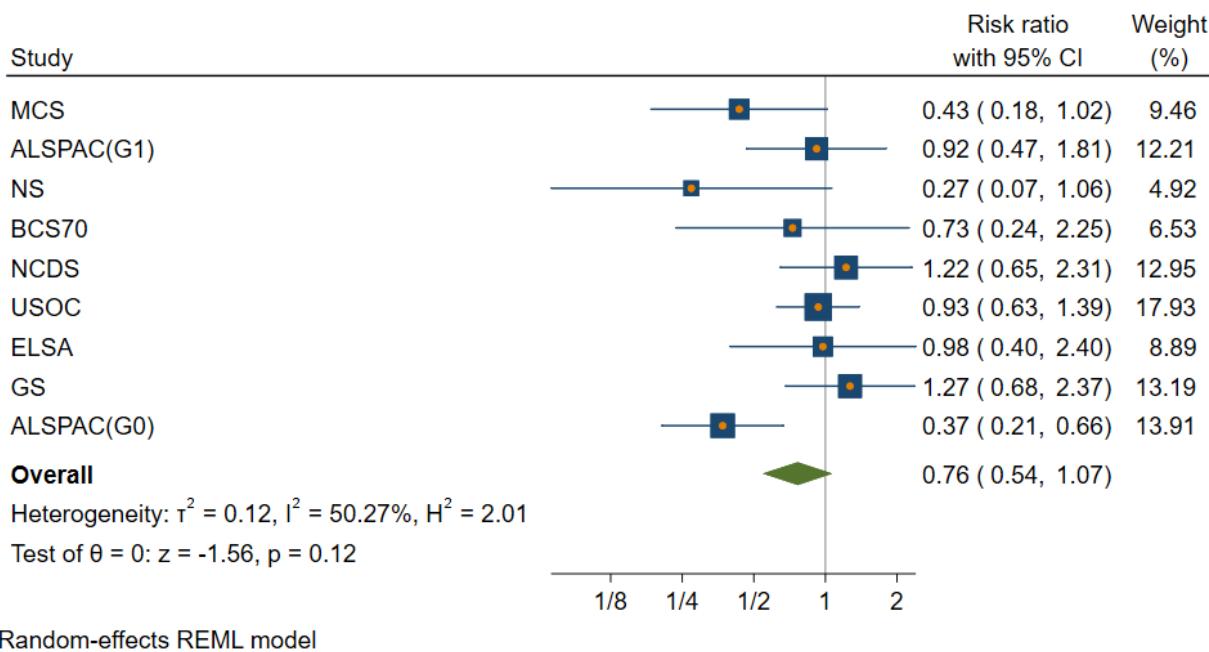
full adjustment



Random-effects REML model

Less time/Fewer days of physical exercise
Became employed vs. Stable employed

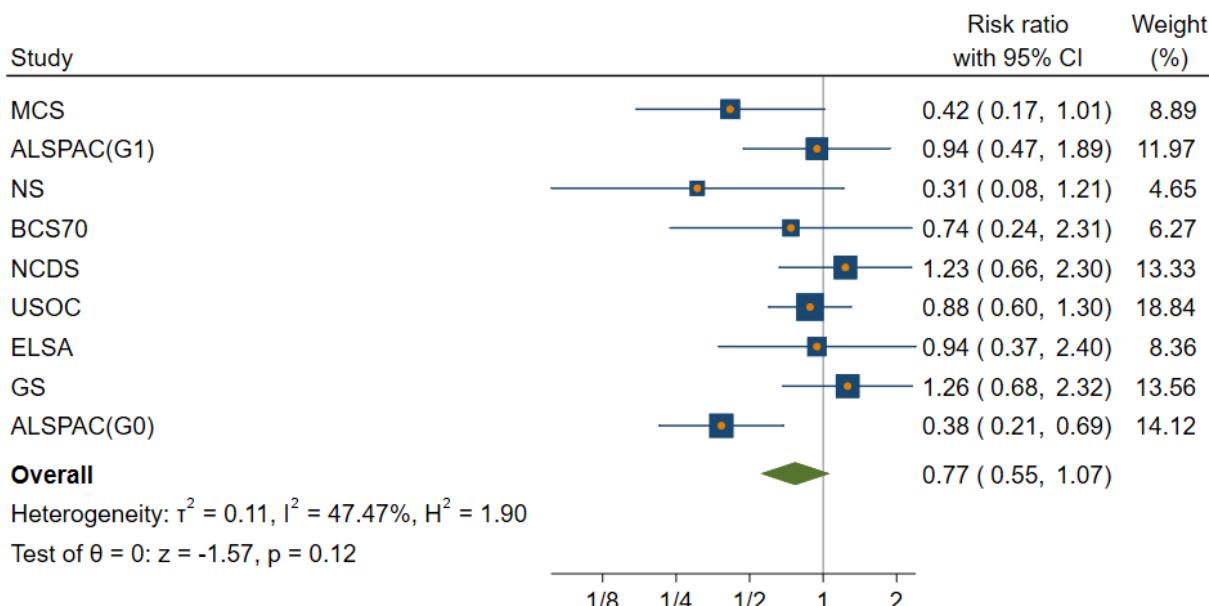
unadjusted



Random-effects REML model

Less time/Fewer days of physical exercise
Became employed vs. Stable employed

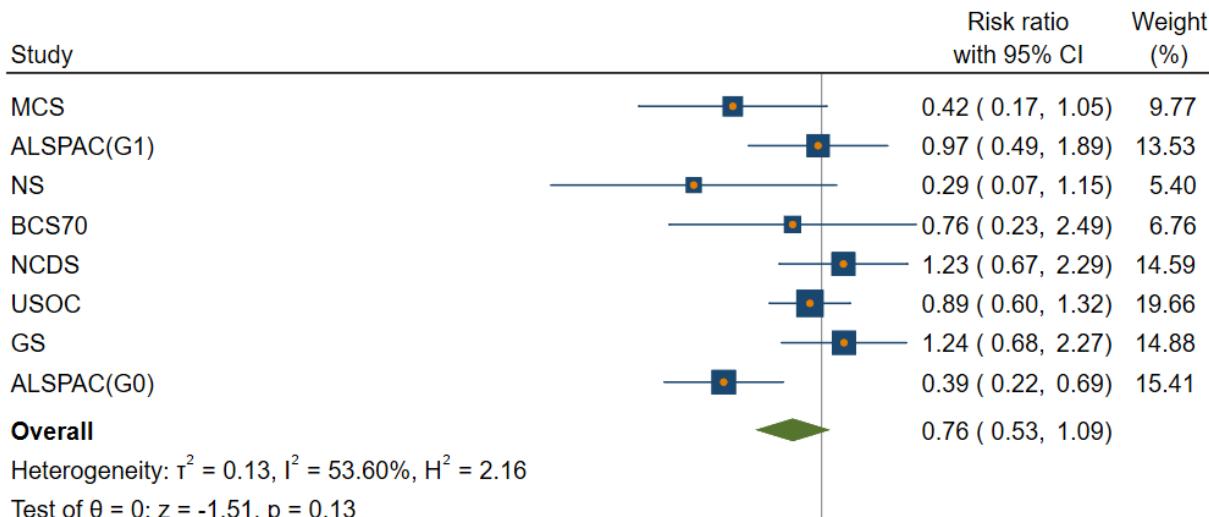
basic adjustment



Random-effects REML model

Less time/Fewer days of physical exercise
Became employed vs. Stable employed

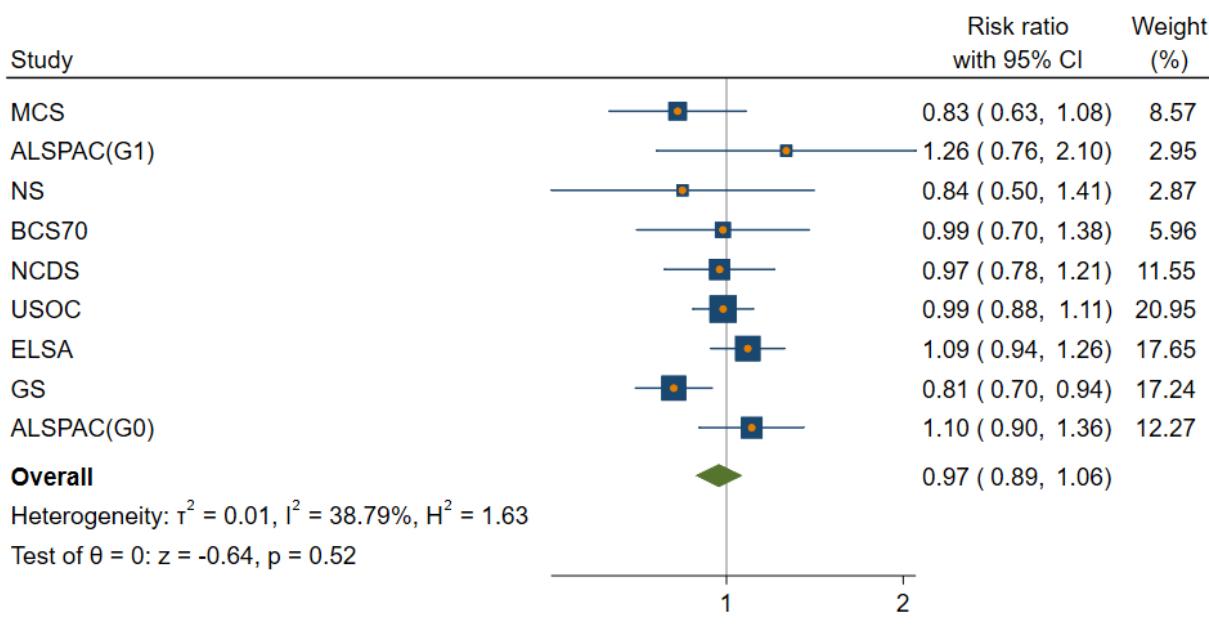
full adjustment



Random-effects REML model

Less time/Fewer days of physical exercise
Stable non-employed vs. Stable employed

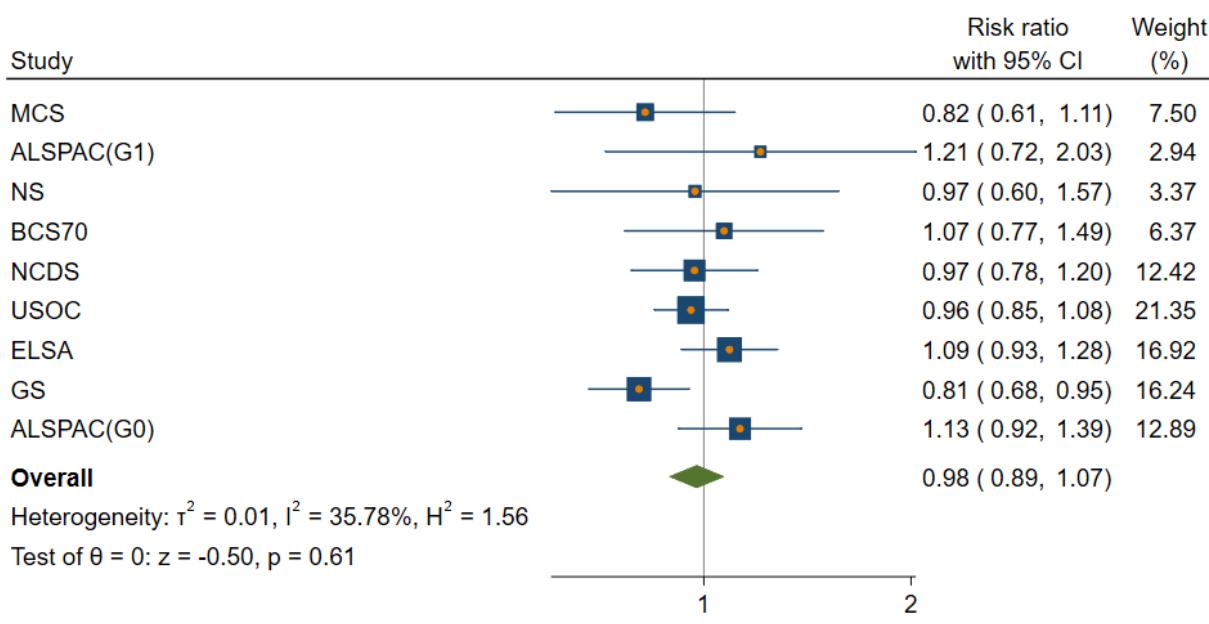
unadjusted



Random-effects REML model

Less time/Fewer days of physical exercise
Stable non-employed vs. Stable employed

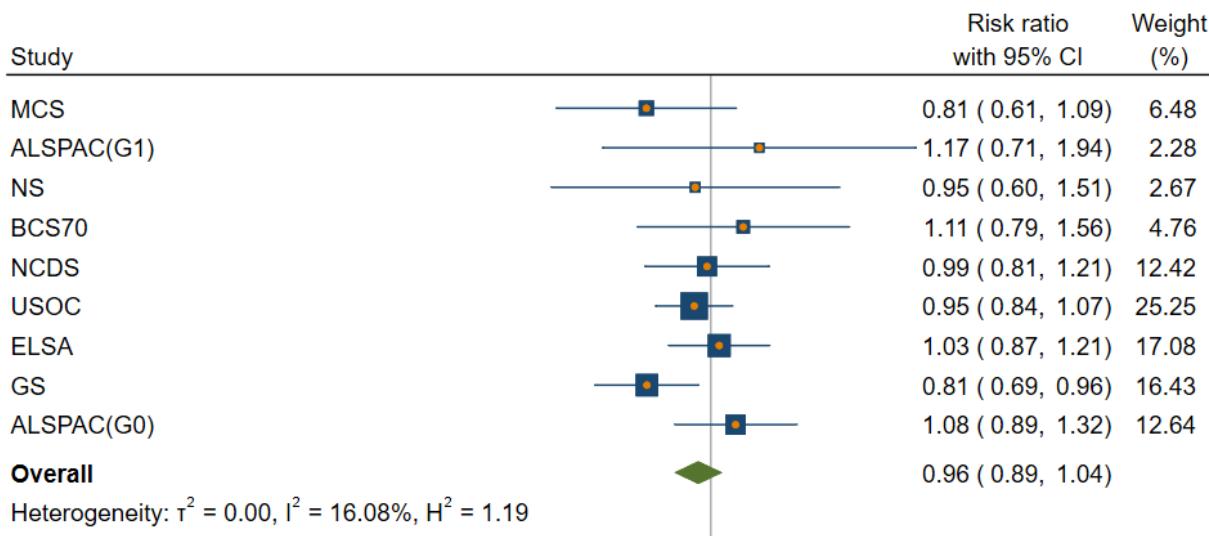
basic adjustment



Random-effects REML model

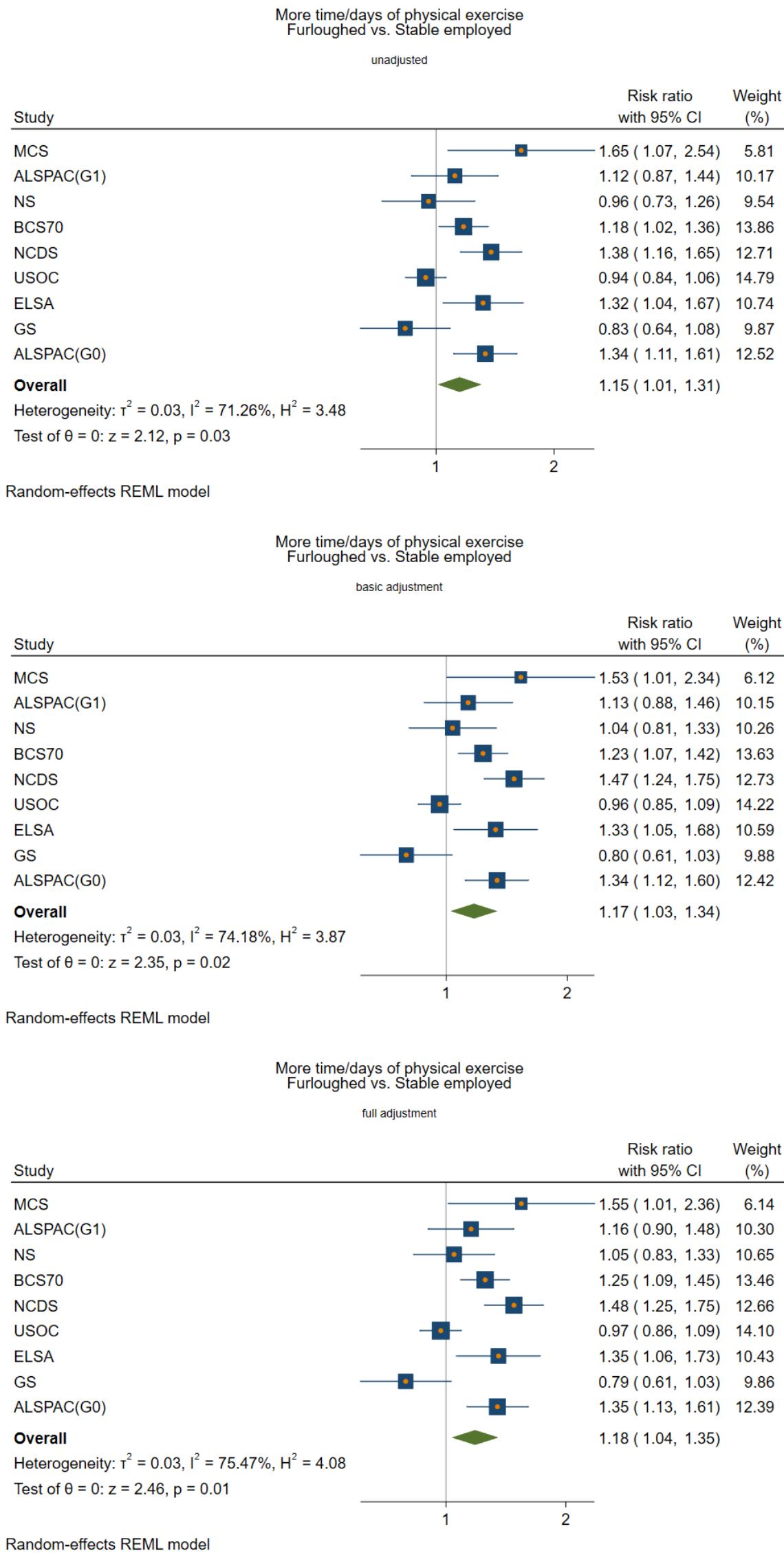
Less time/Fewer days of physical exercise
Stable non-employed vs. Stable employed

full adjustment



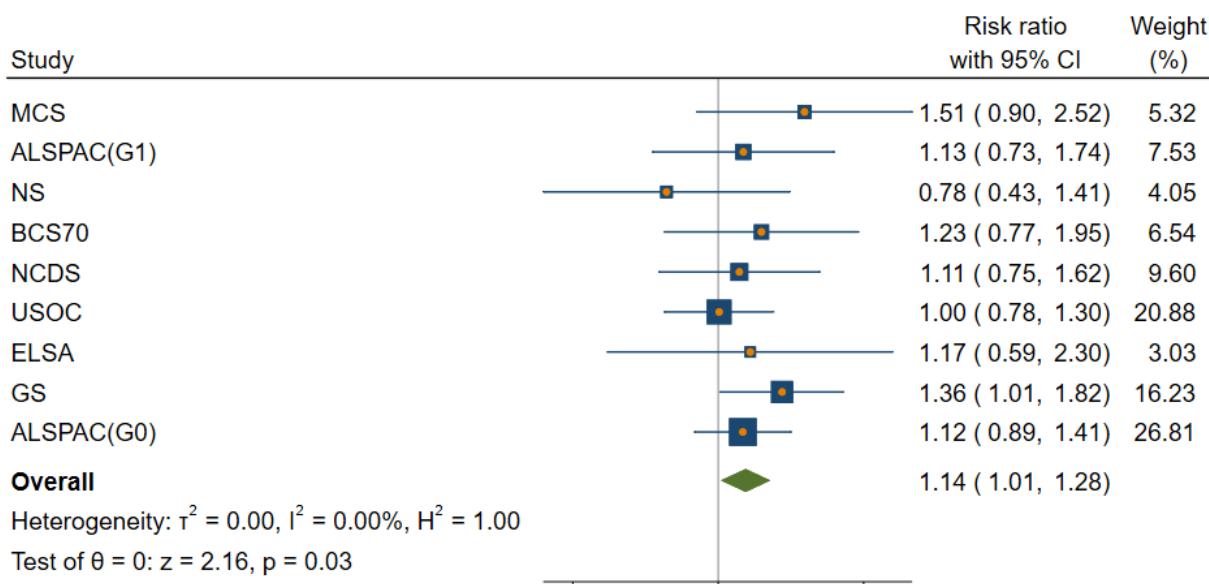
Random-effects REML model

Figure set 6: More time/days of physical exercise



More time/days of physical exercise
No longer employed vs. Stable employed

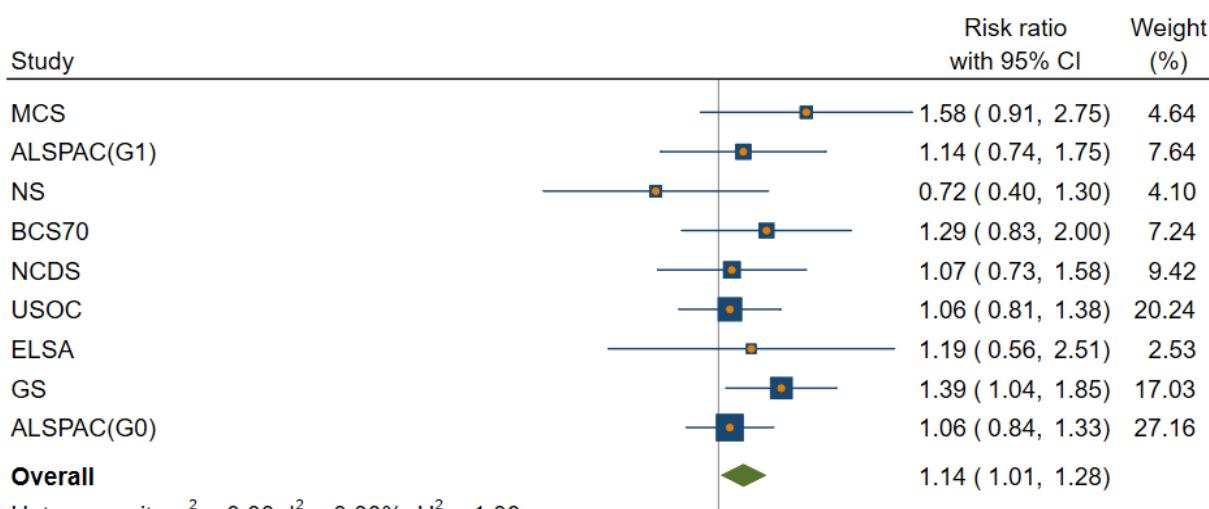
unadjusted



Random-effects REML model

More time/days of physical exercise
No longer employed vs. Stable employed

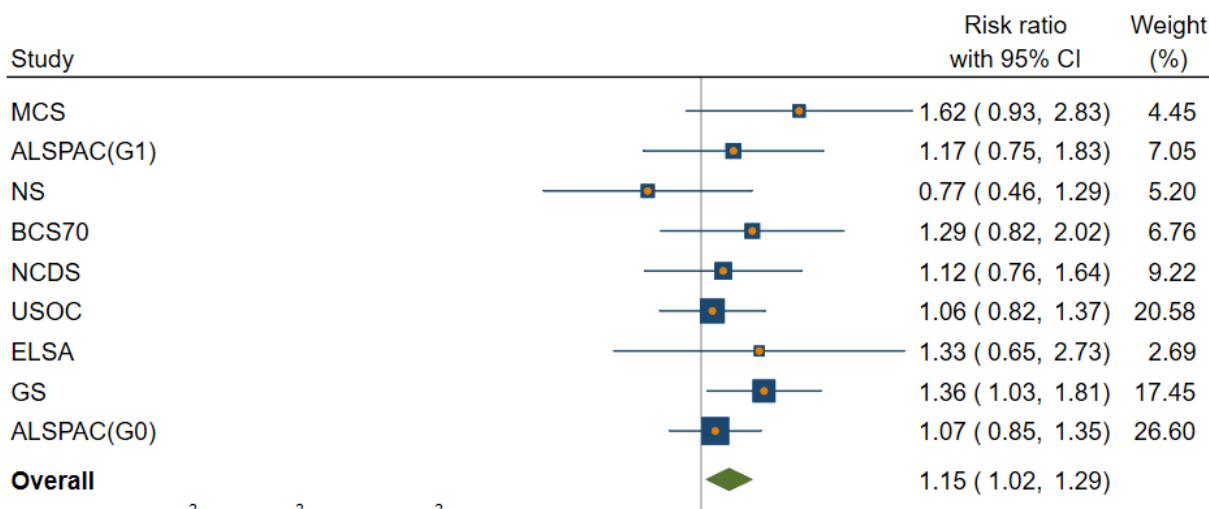
basic adjustment



Random-effects REML model

More time/days of physical exercise
No longer employed vs. Stable employed

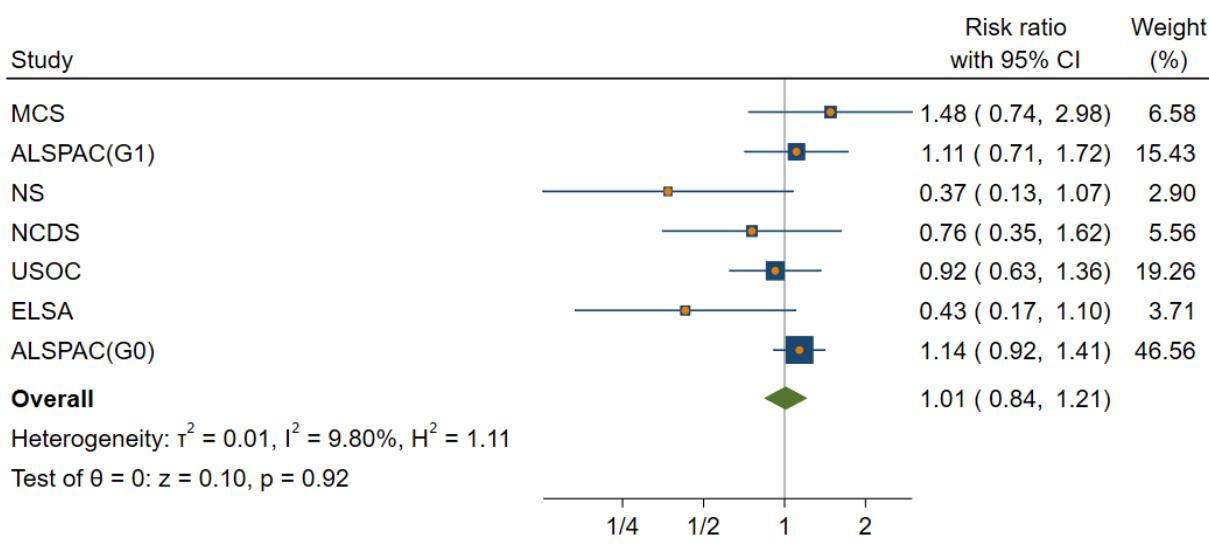
full adjustment



Random-effects REML model

More time/days of physical exercise
Stable unemployed vs. Stable employed

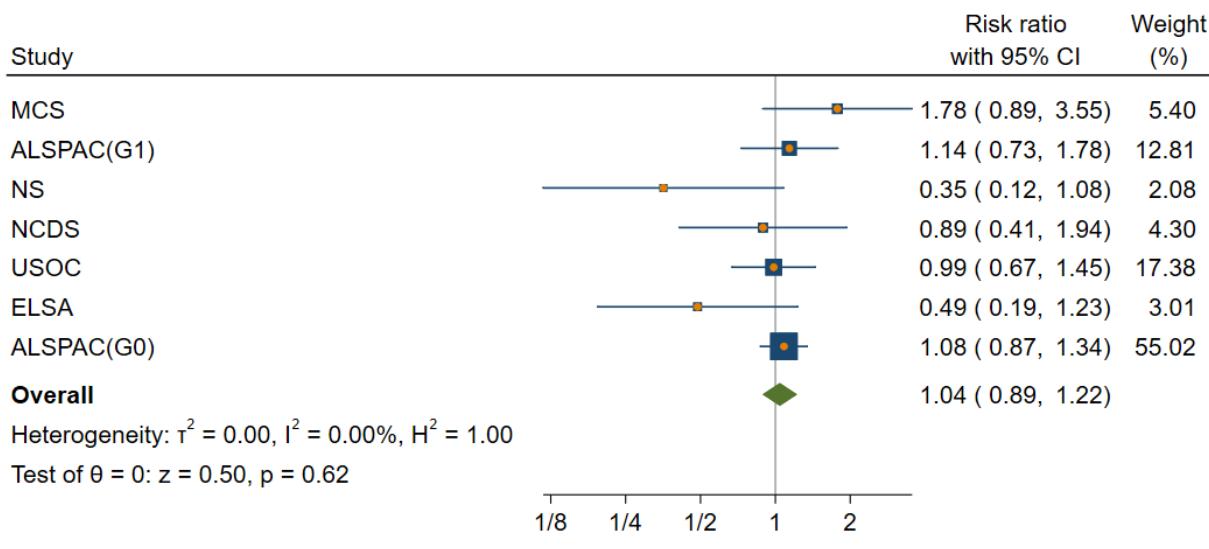
unadjusted



Random-effects REML model

More time/days of physical exercise
Stable unemployed vs. Stable employed

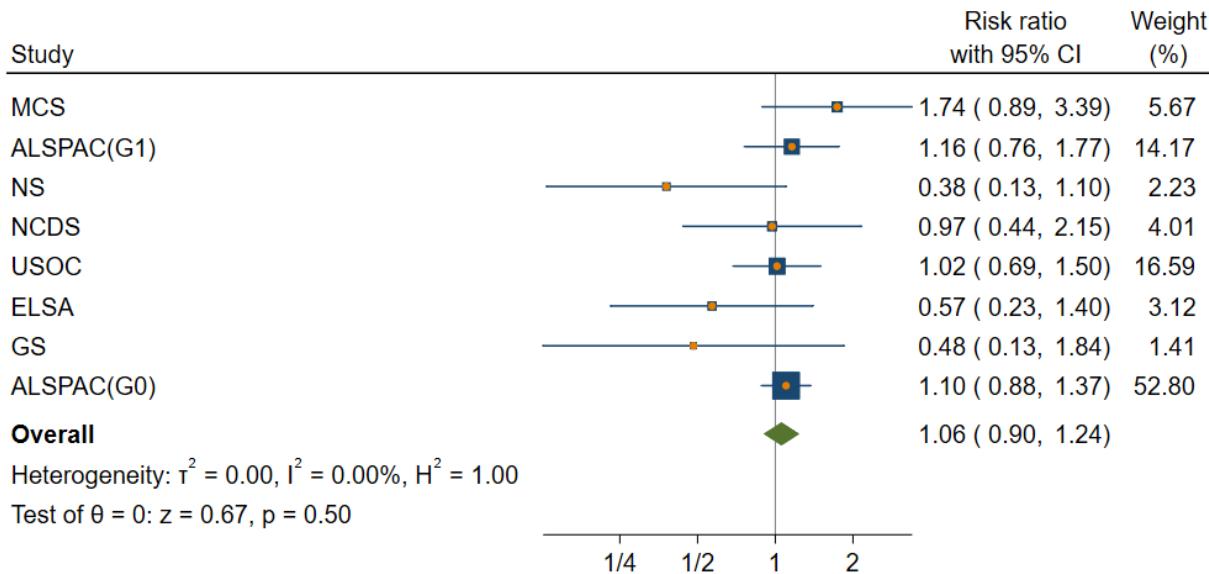
basic adjustment



Random-effects REML model

More time/days of physical exercise
Stable unemployed vs. Stable employed

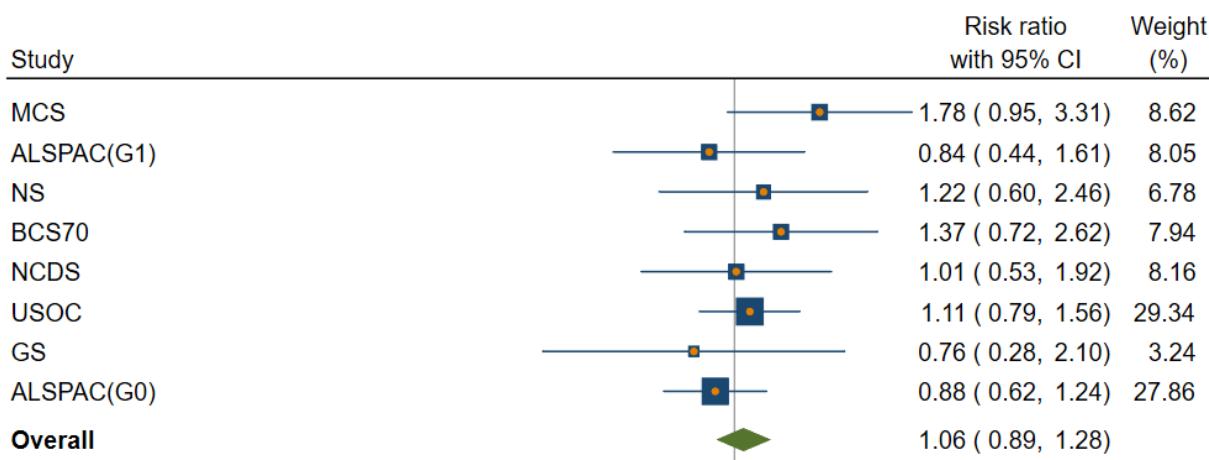
full adjustment



Random-effects REML model

More time/days of physical exercise
Became employed vs. Stable employed

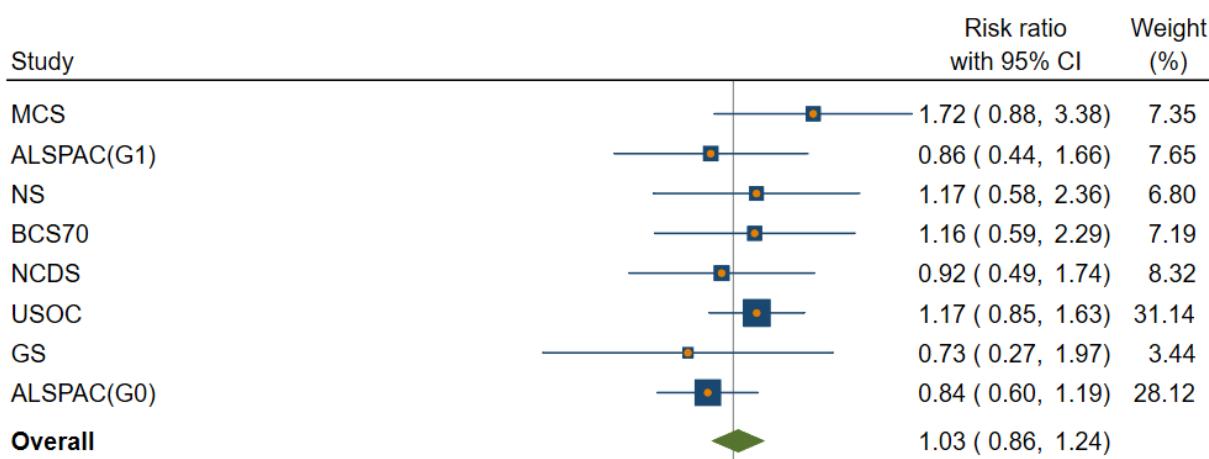
unadjusted



Random-effects REML model

More time/days of physical exercise
Became employed vs. Stable employed

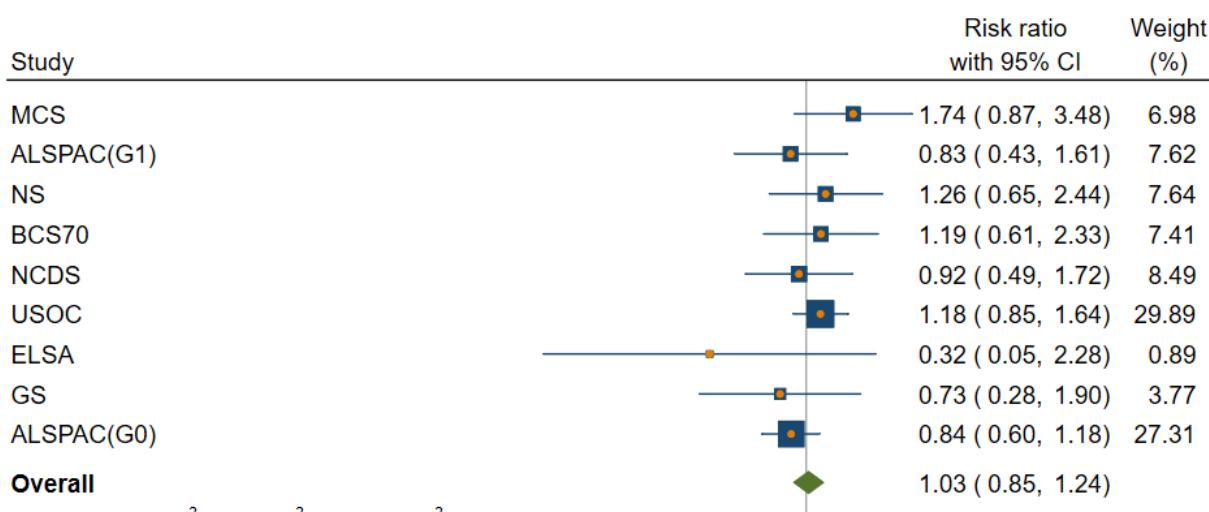
basic adjustment



Random-effects REML model

More time/days of physical exercise
Became employed vs. Stable employed

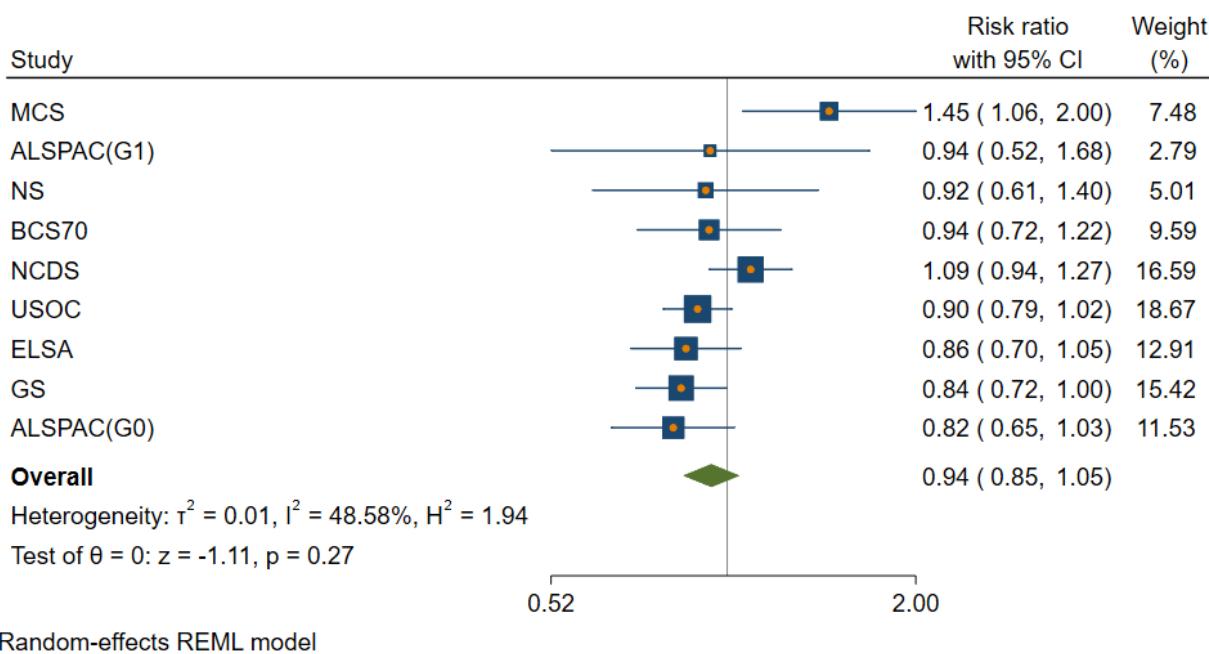
full adjustment



Random-effects REML model

More time/days of physical exercise
Stable non-employed vs. Stable employed

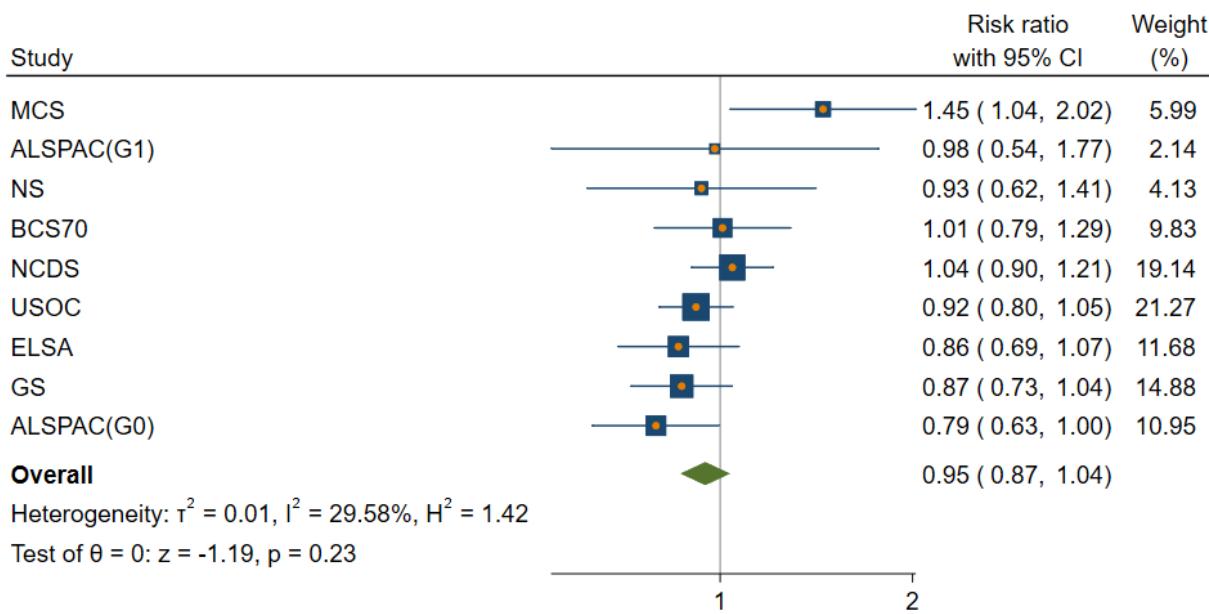
unadjusted



Random-effects REML model

More time/days of physical exercise
Stable non-employed vs. Stable employed

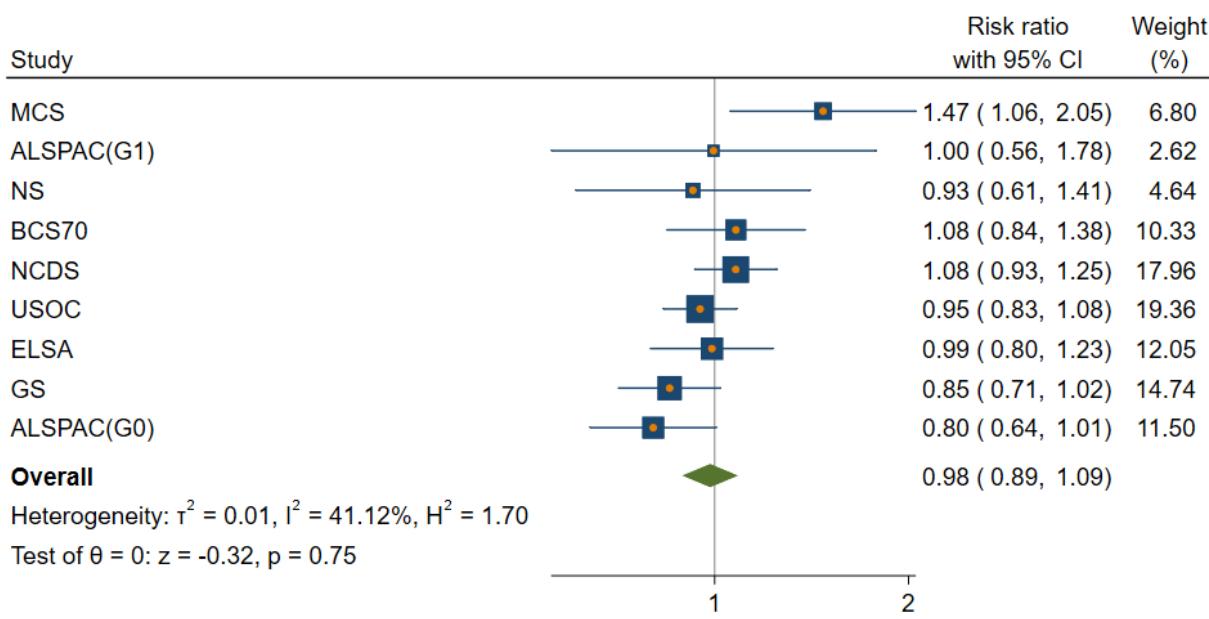
basic adjustment



Random-effects REML model

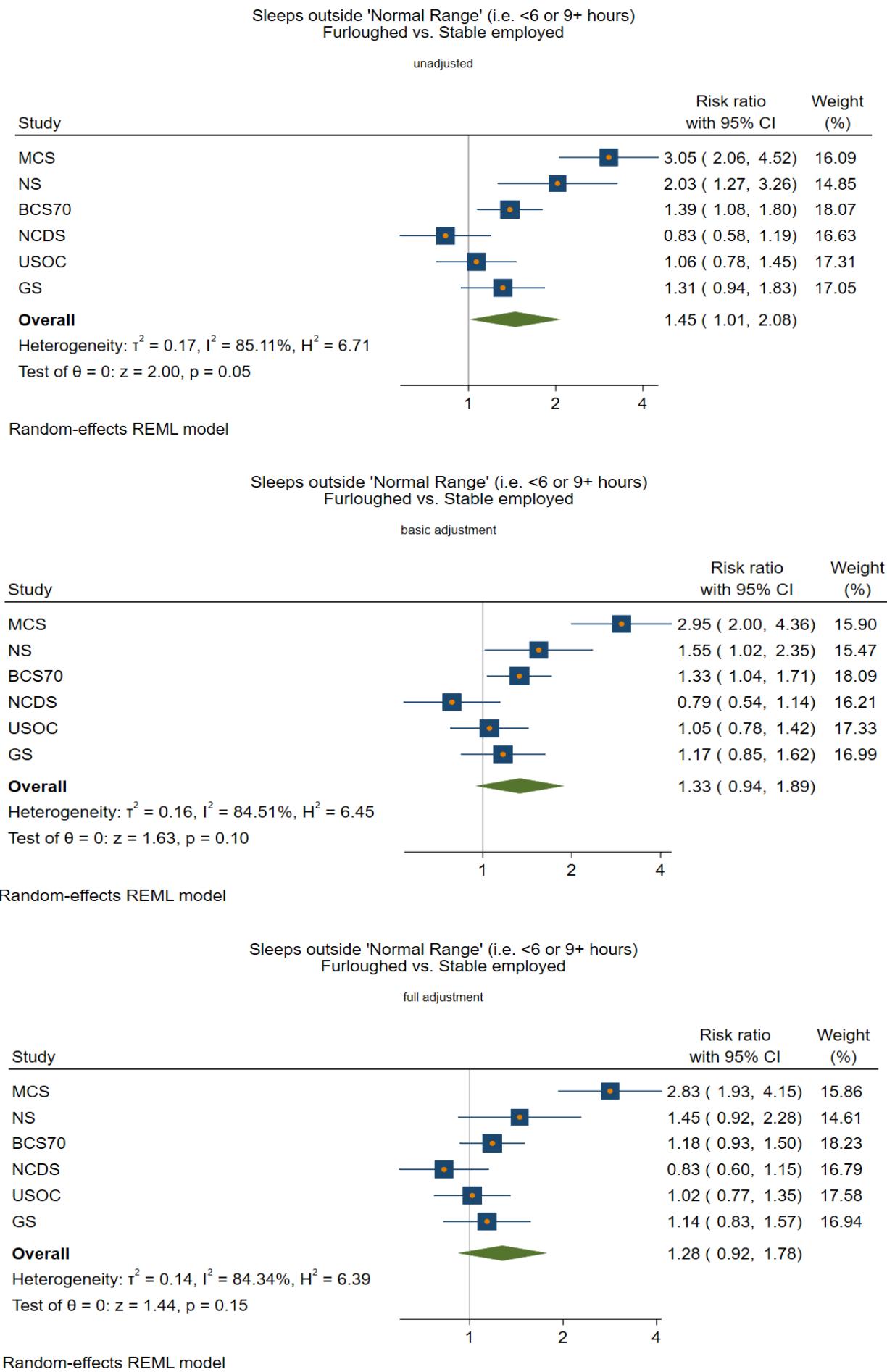
More time/days of physical exercise
Stable non-employed vs. Stable employed

full adjustment



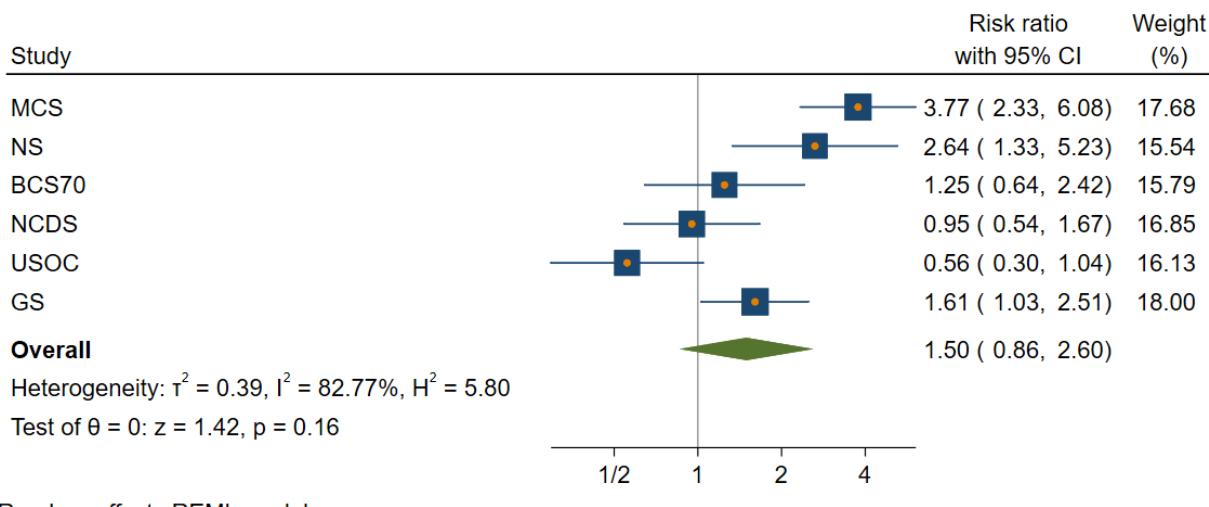
Random-effects REML model

Figure set 7: Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)



Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
No longer employed vs. Stable employed

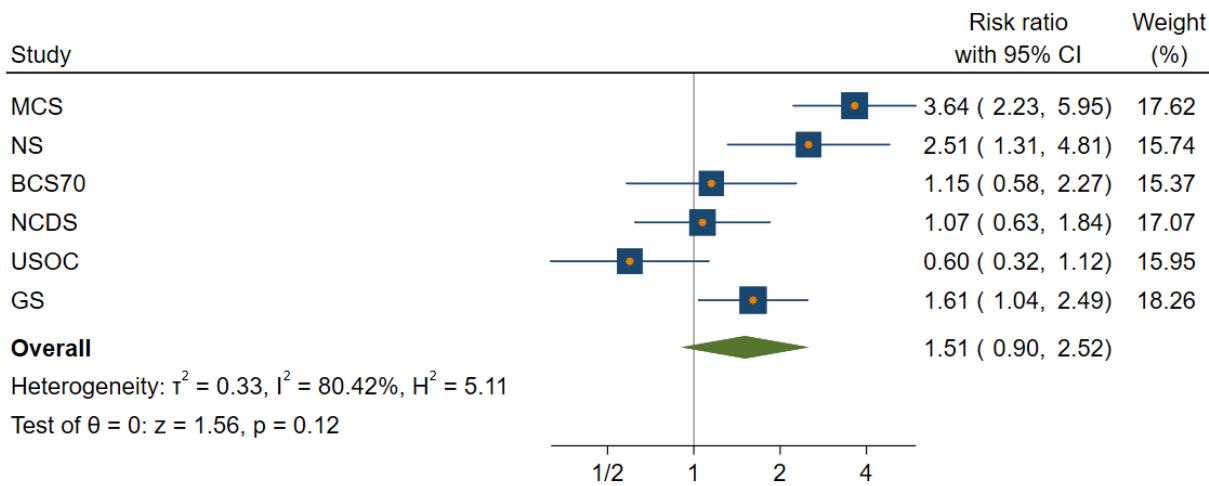
unadjusted



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
No longer employed vs. Stable employed

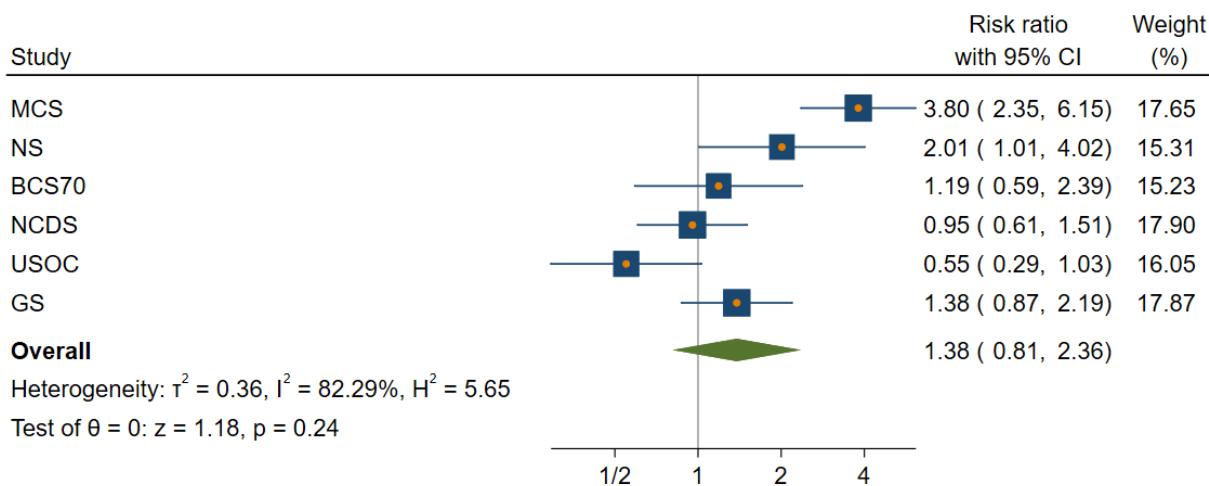
basic adjustment



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
No longer employed vs. Stable employed

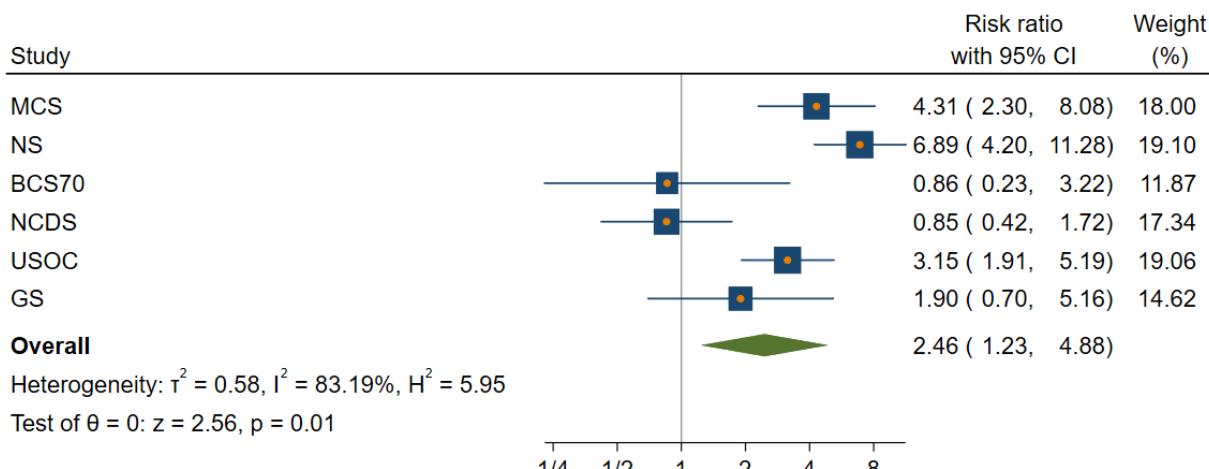
full adjustment



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable unemployed vs. Stable employed

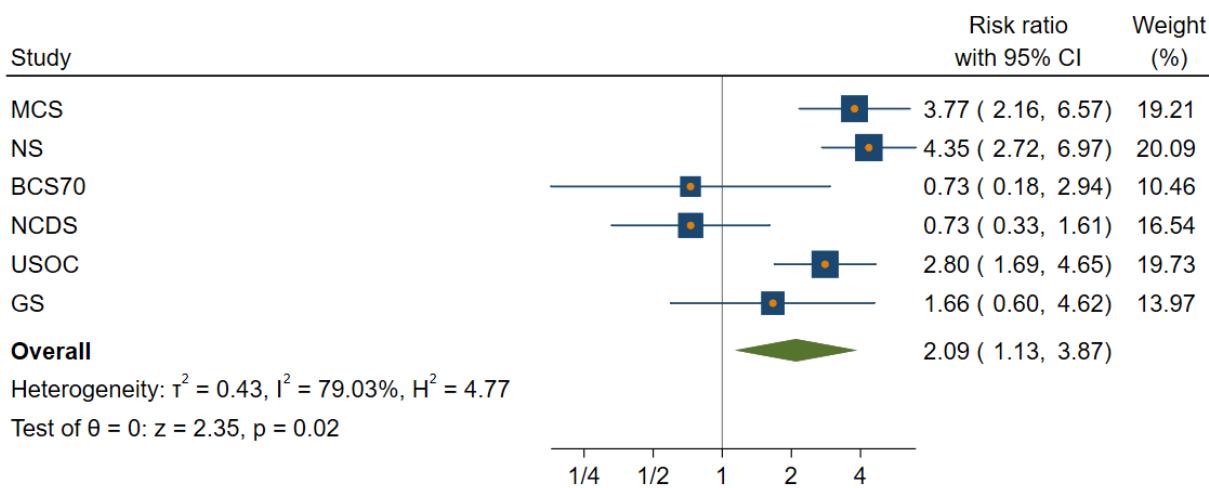
unadjusted



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable unemployed vs. Stable employed

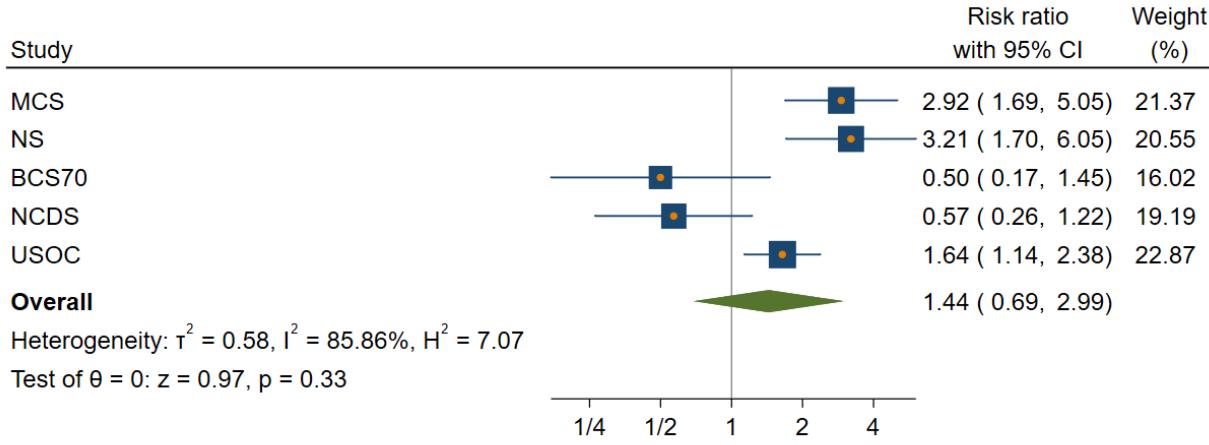
basic adjustment



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable unemployed vs. Stable employed

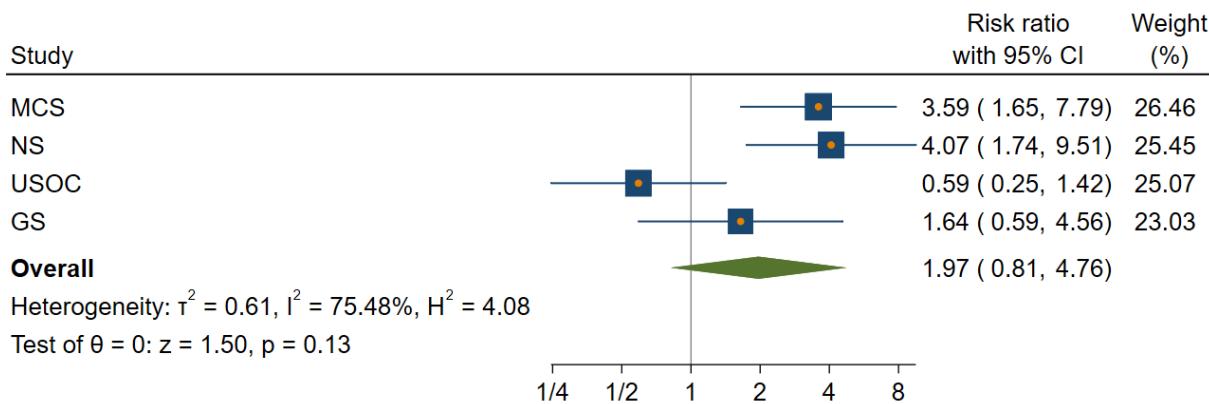
full adjustment



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Became employed vs. Stable employed

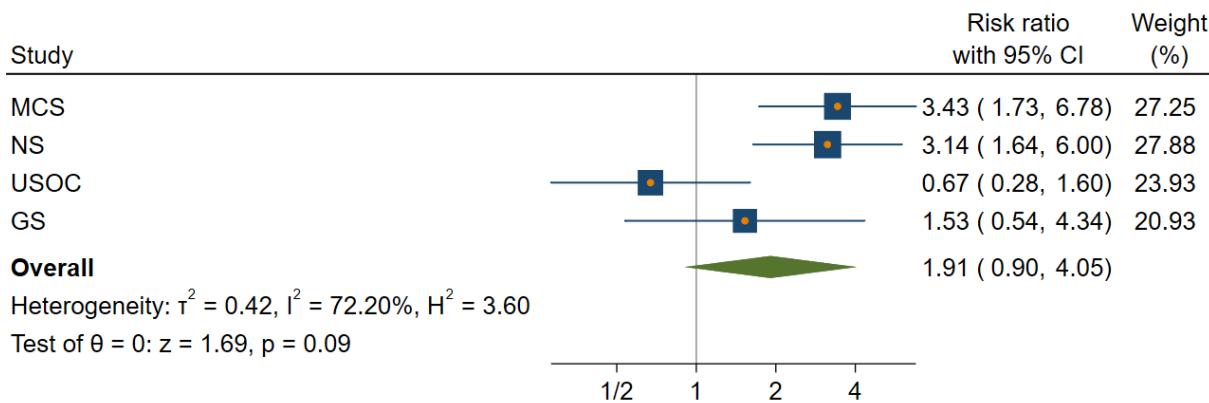
unadjusted



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Became employed vs. Stable employed

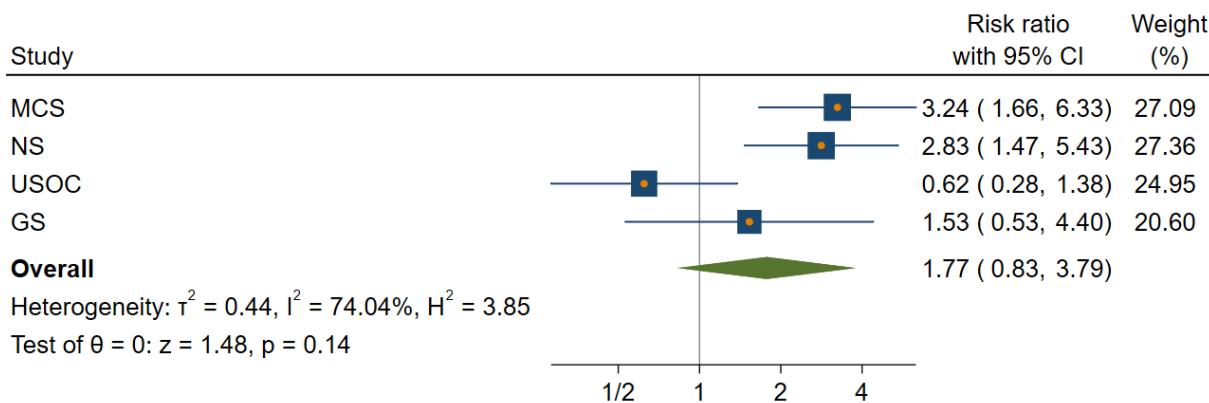
basic adjustment



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Became employed vs. Stable employed

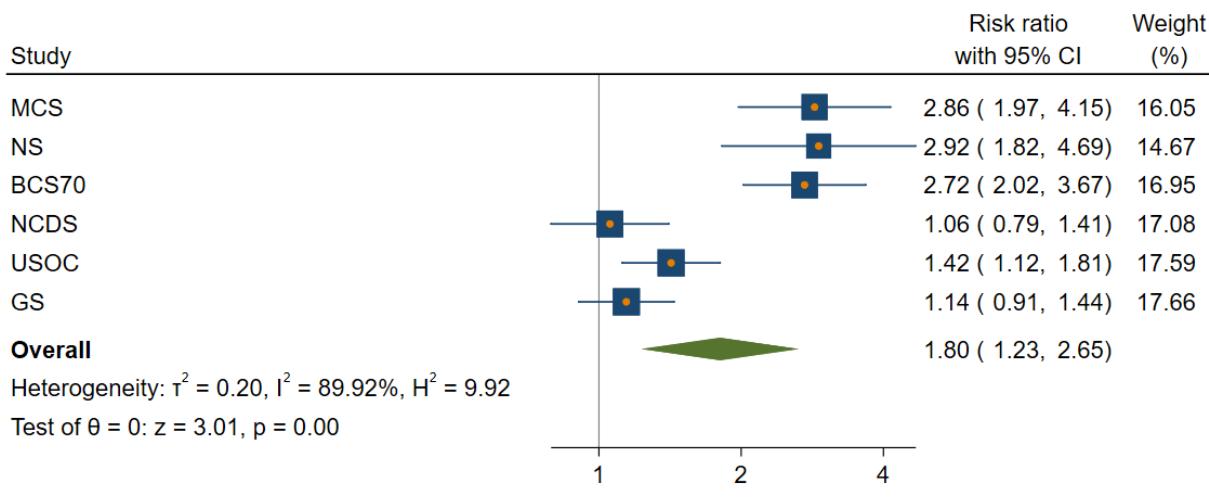
full adjustment



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable non-employed vs. Stable employed

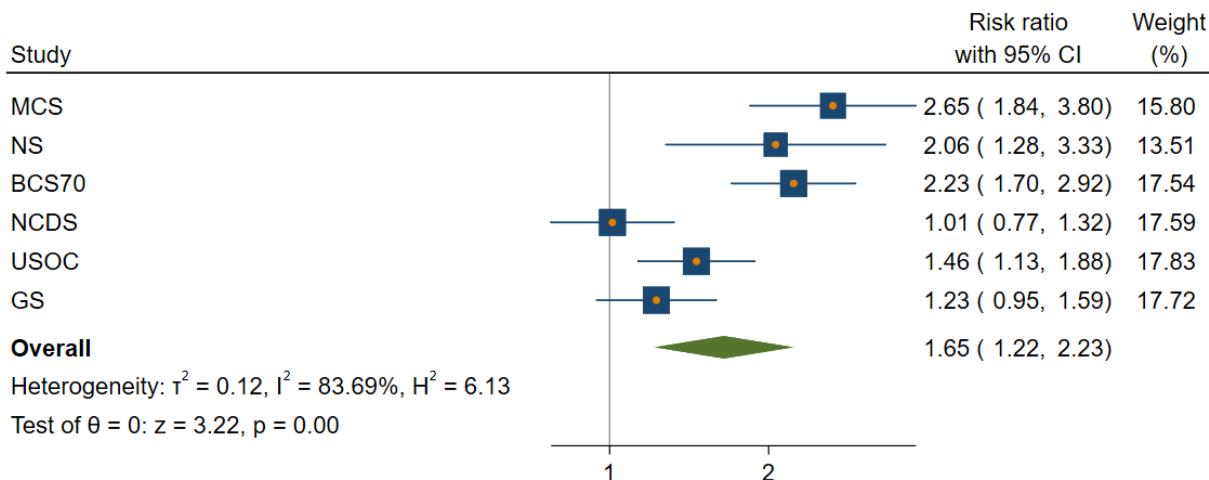
unadjusted



Random-effects REML model

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable non-employed vs. Stable employed

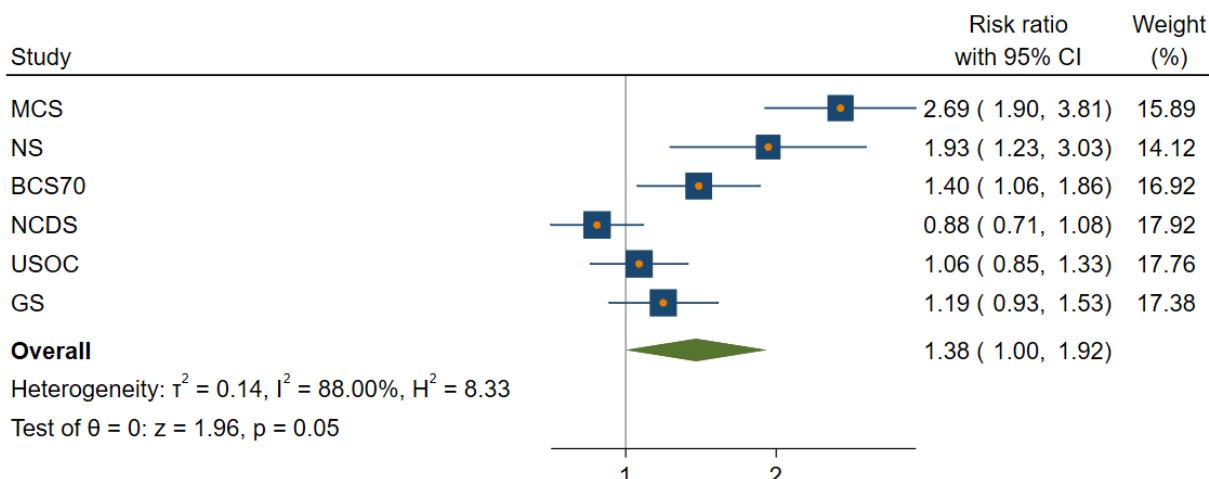
basic adjustment



Random-effects REML model

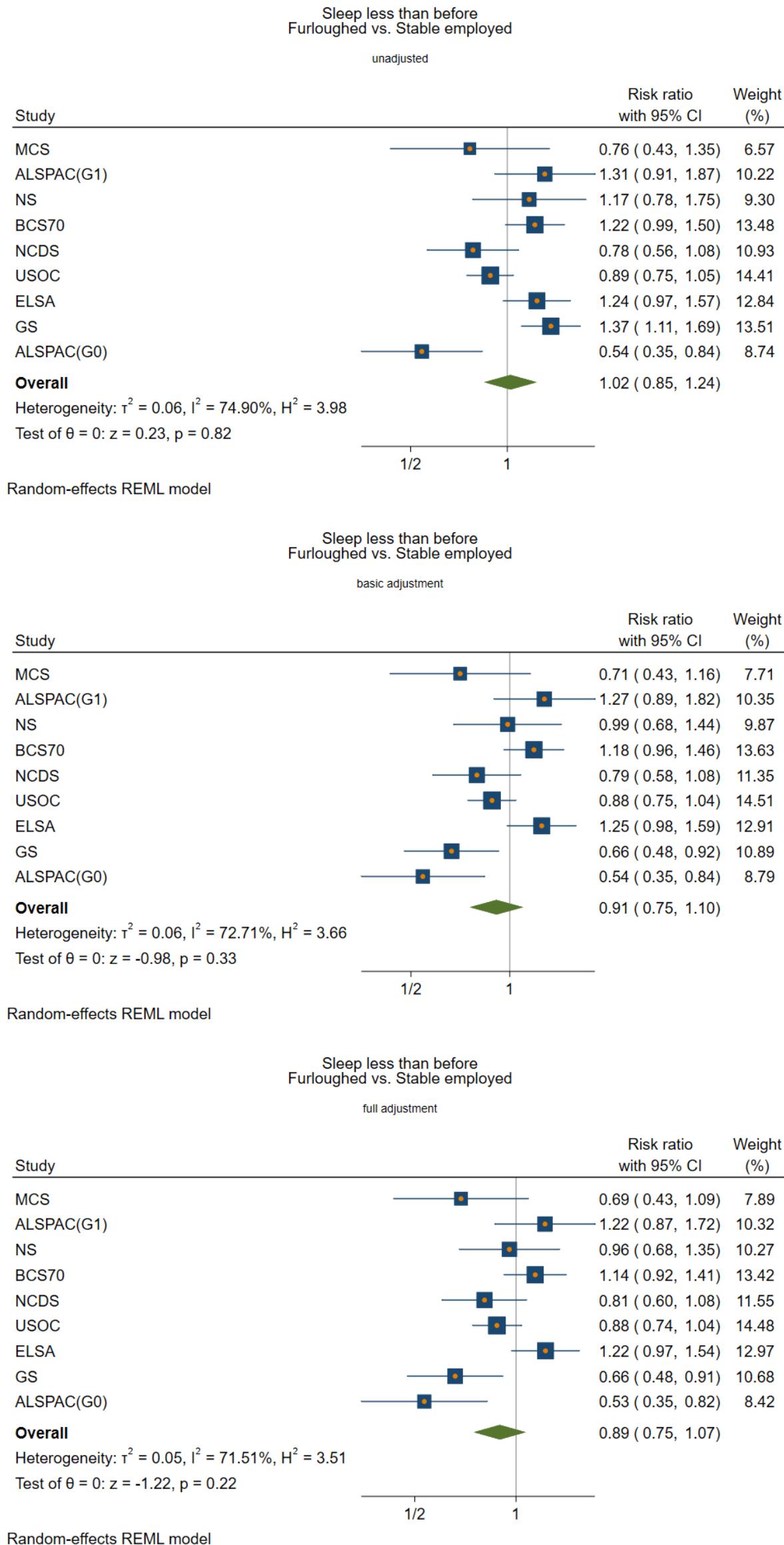
Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)
Stable non-employed vs. Stable employed

full adjustment



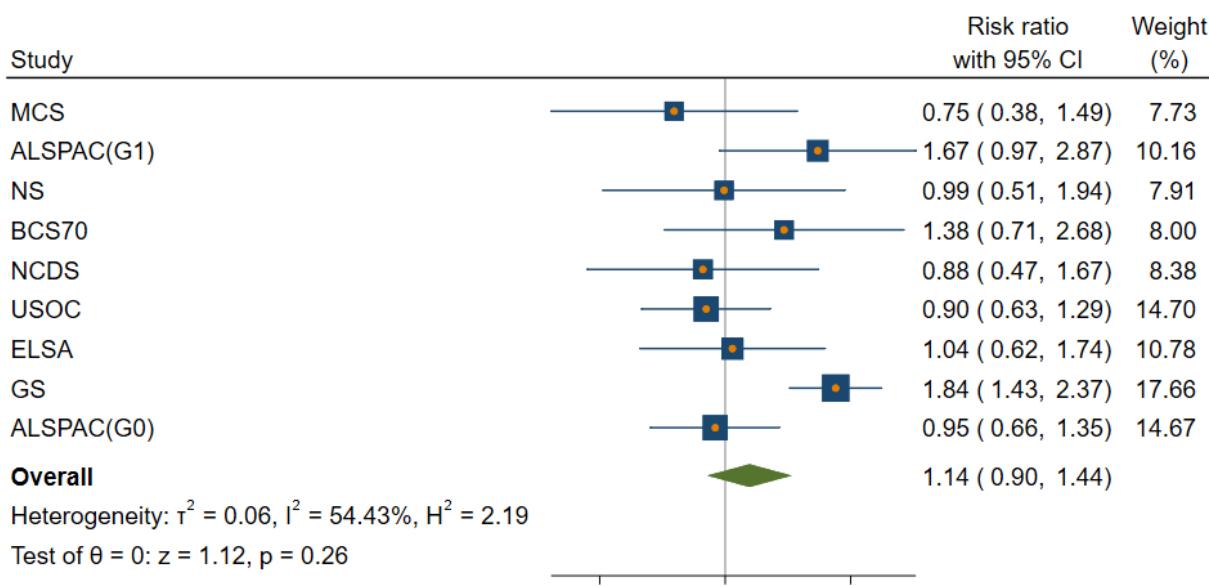
Random-effects REML model

Figure set 8: Sleeps less than before



Sleep less than before
No longer employed vs. Stable employed

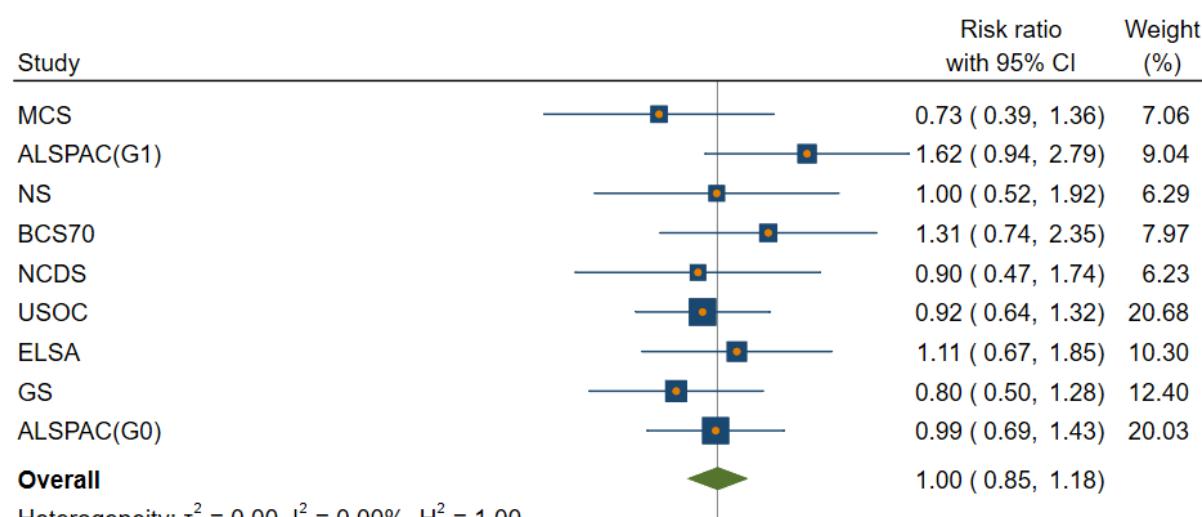
unadjusted



Random-effects REML model

Sleep less than before
No longer employed vs. Stable employed

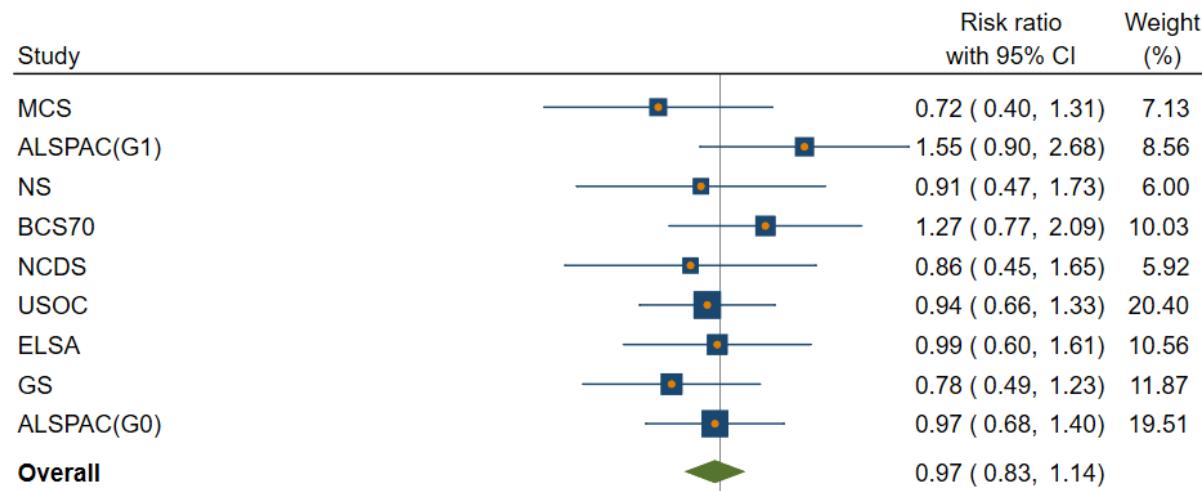
basic adjustment



Random-effects REML model

Sleep less than before
No longer employed vs. Stable employed

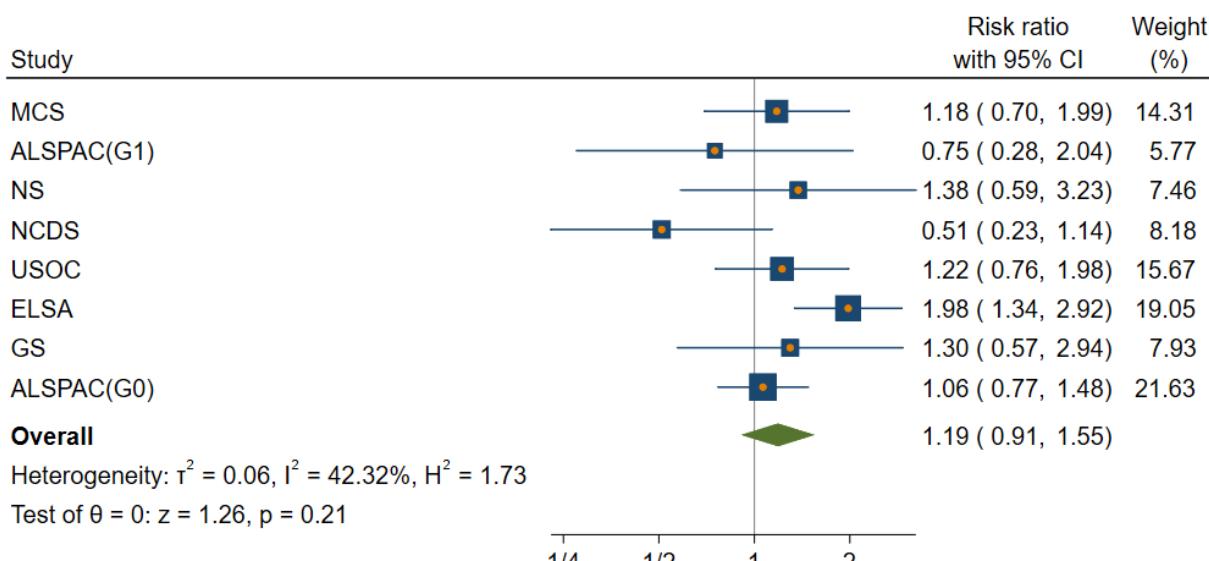
full adjustment



Random-effects REML model

Sleep less than before
Stable unemployed vs. Stable employed

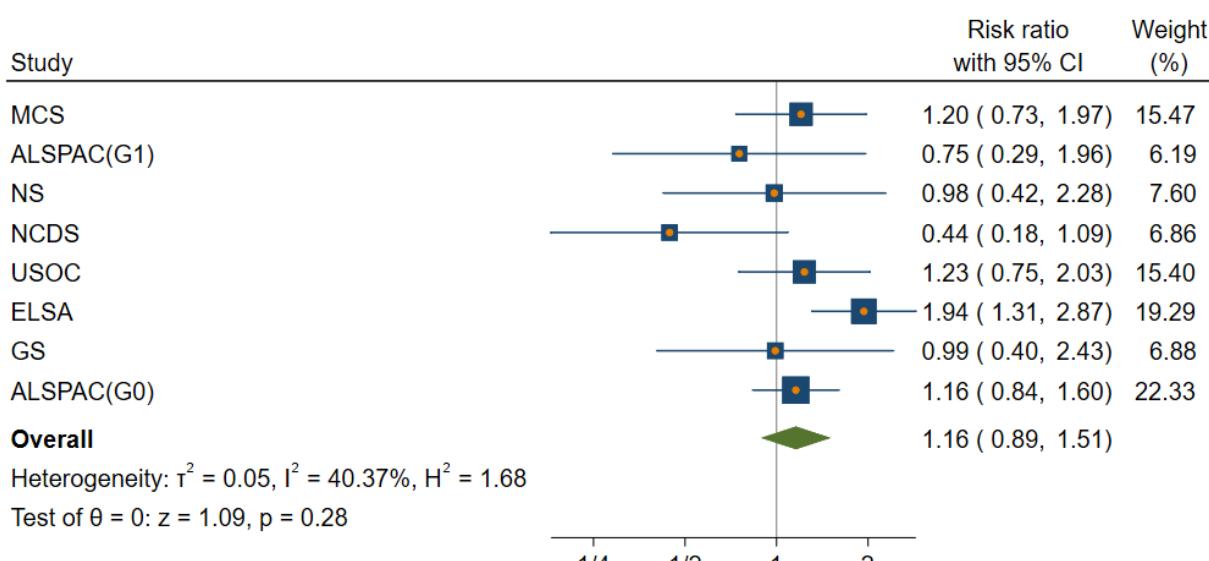
unadjusted



Random-effects REML model

Sleep less than before
Stable unemployed vs. Stable employed

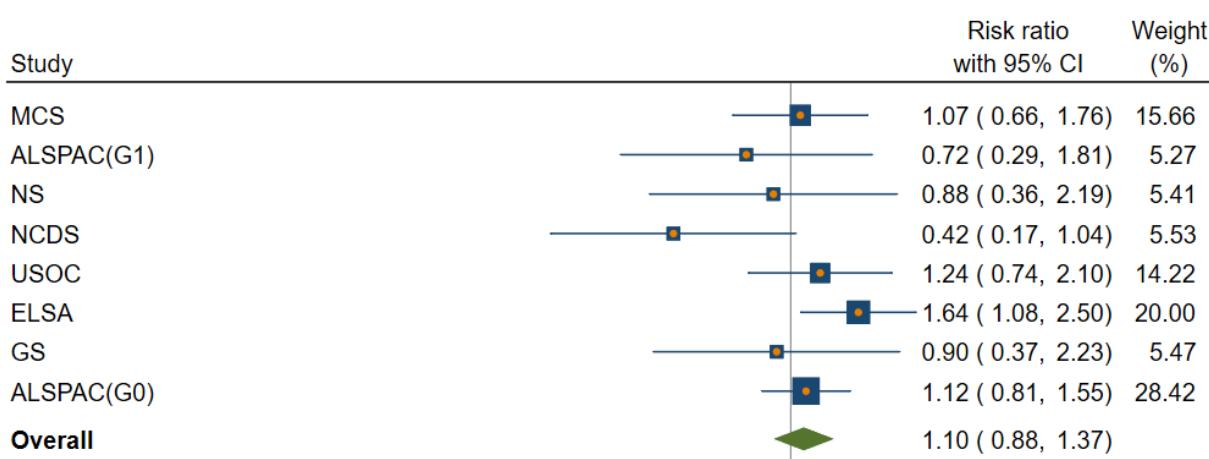
basic adjustment



Random-effects REML model

Sleep less than before
Stable unemployed vs. Stable employed

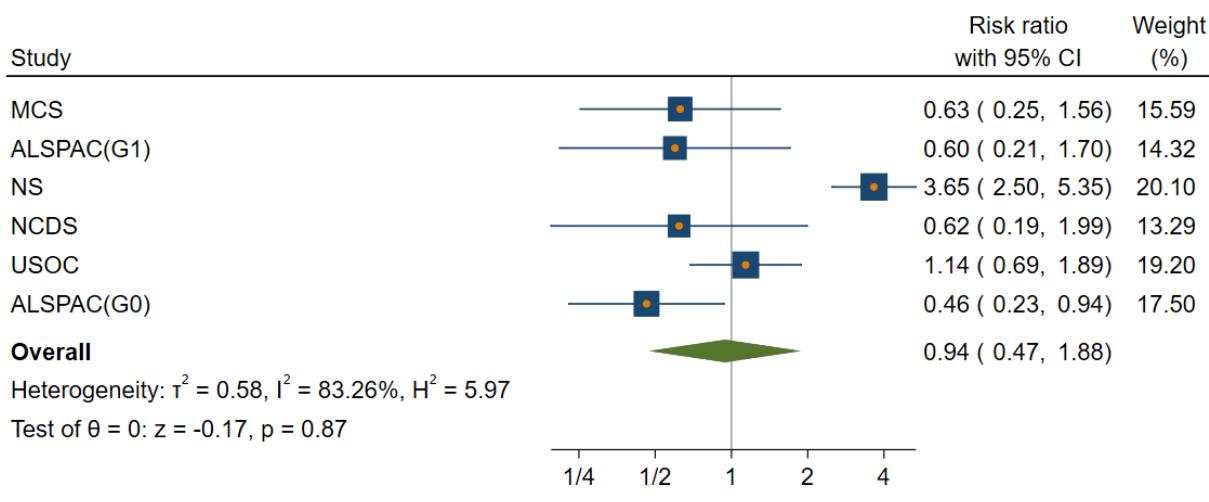
full adjustment



Random-effects REML model

Sleep less than before
Became employed vs. Stable employed

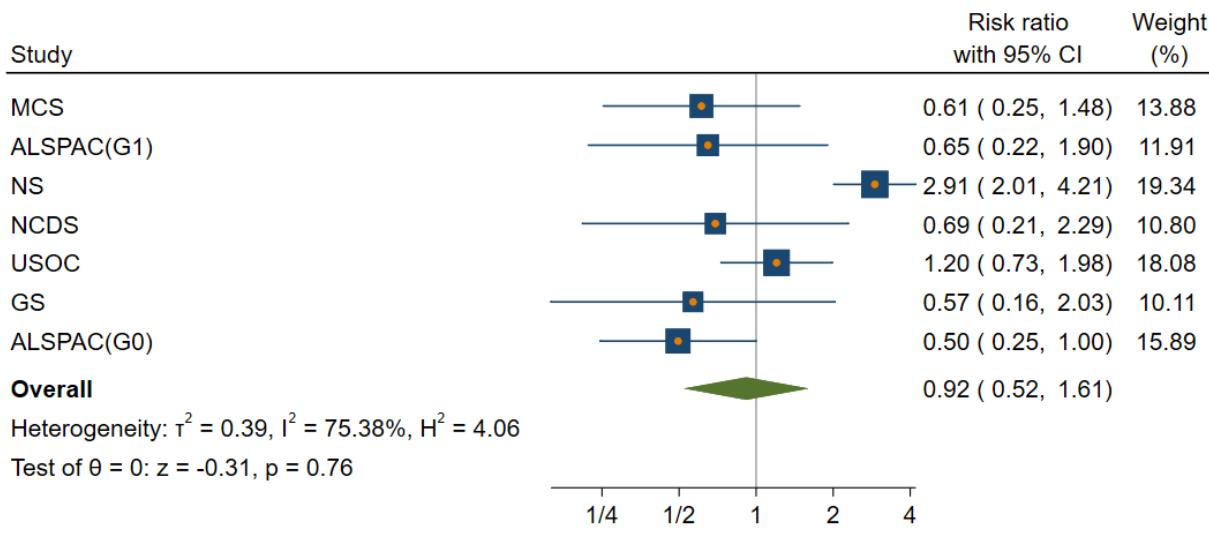
unadjusted



Random-effects REML model

Sleep less than before
Became employed vs. Stable employed

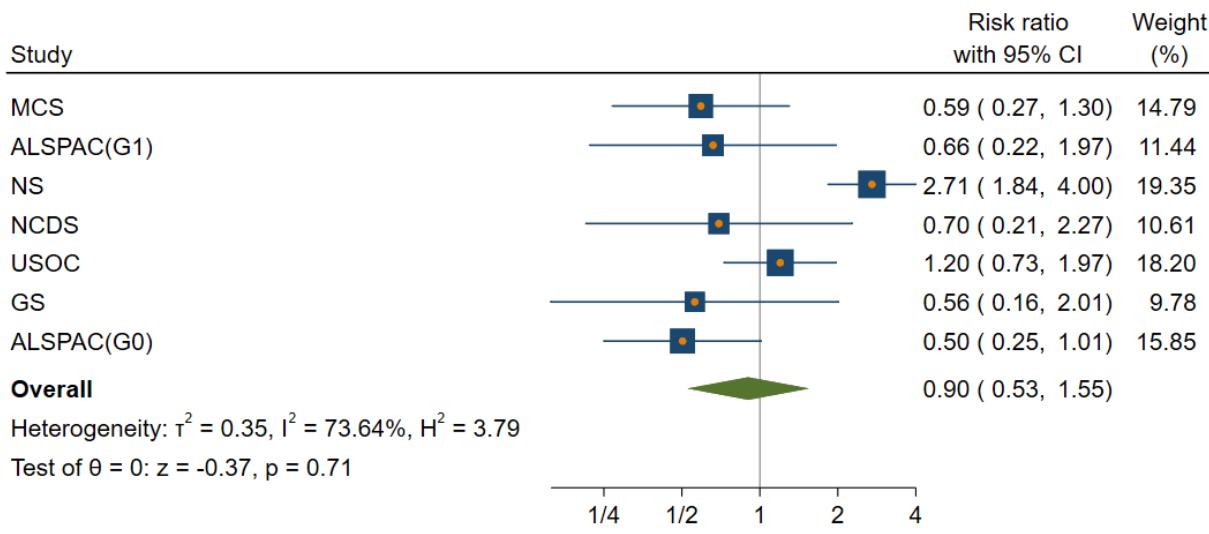
basic adjustment



Random-effects REML model

Sleep less than before
Became employed vs. Stable employed

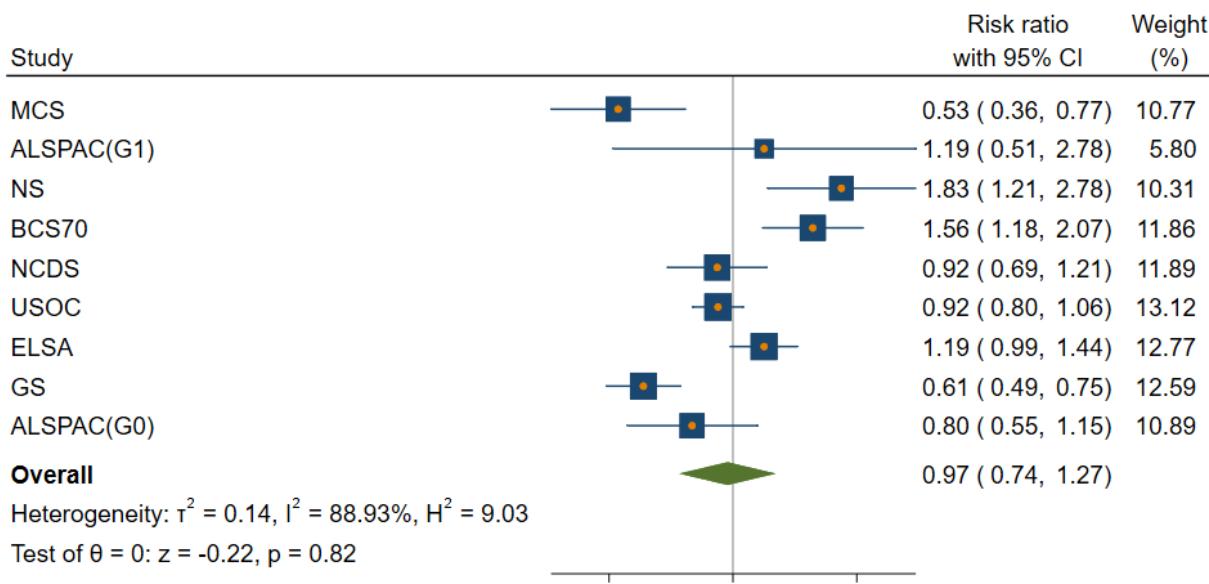
full adjustment



Random-effects REML model

Sleep less than before
Stable non-employed vs. Stable employed

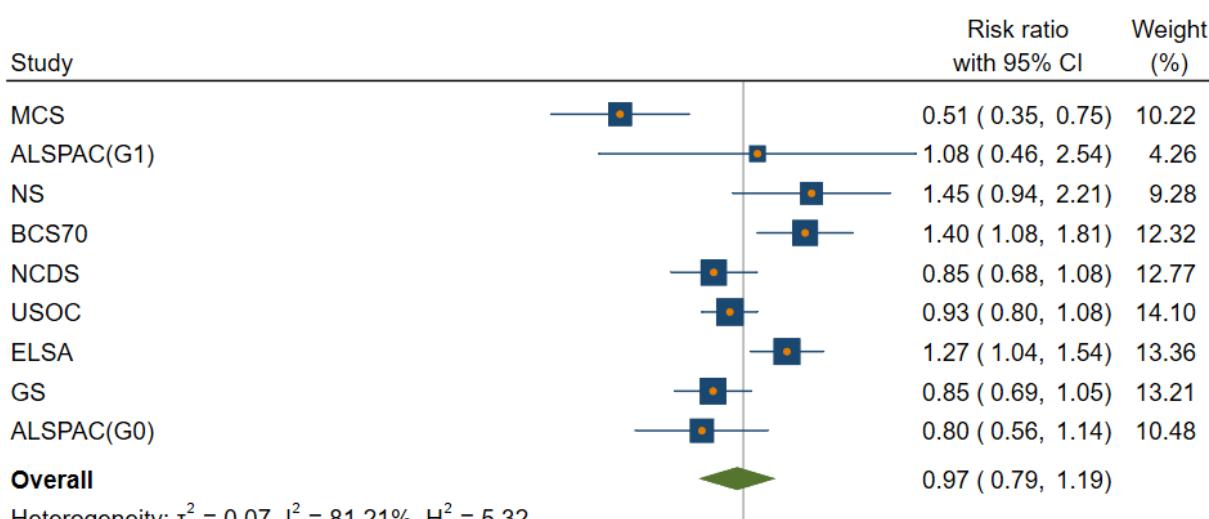
unadjusted



Random-effects REML model

Sleep less than before
Stable non-employed vs. Stable employed

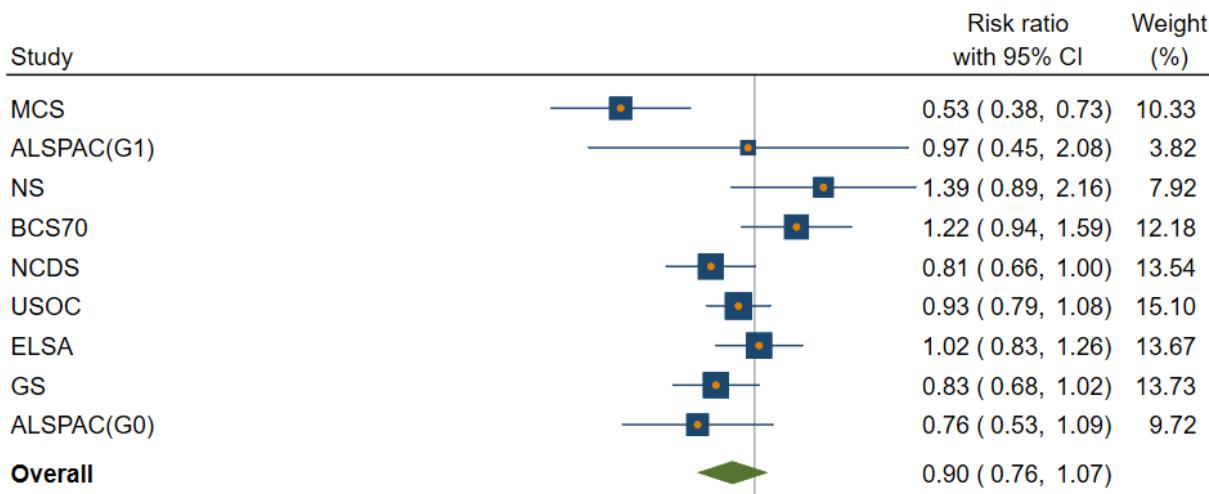
basic adjustment



Random-effects REML model

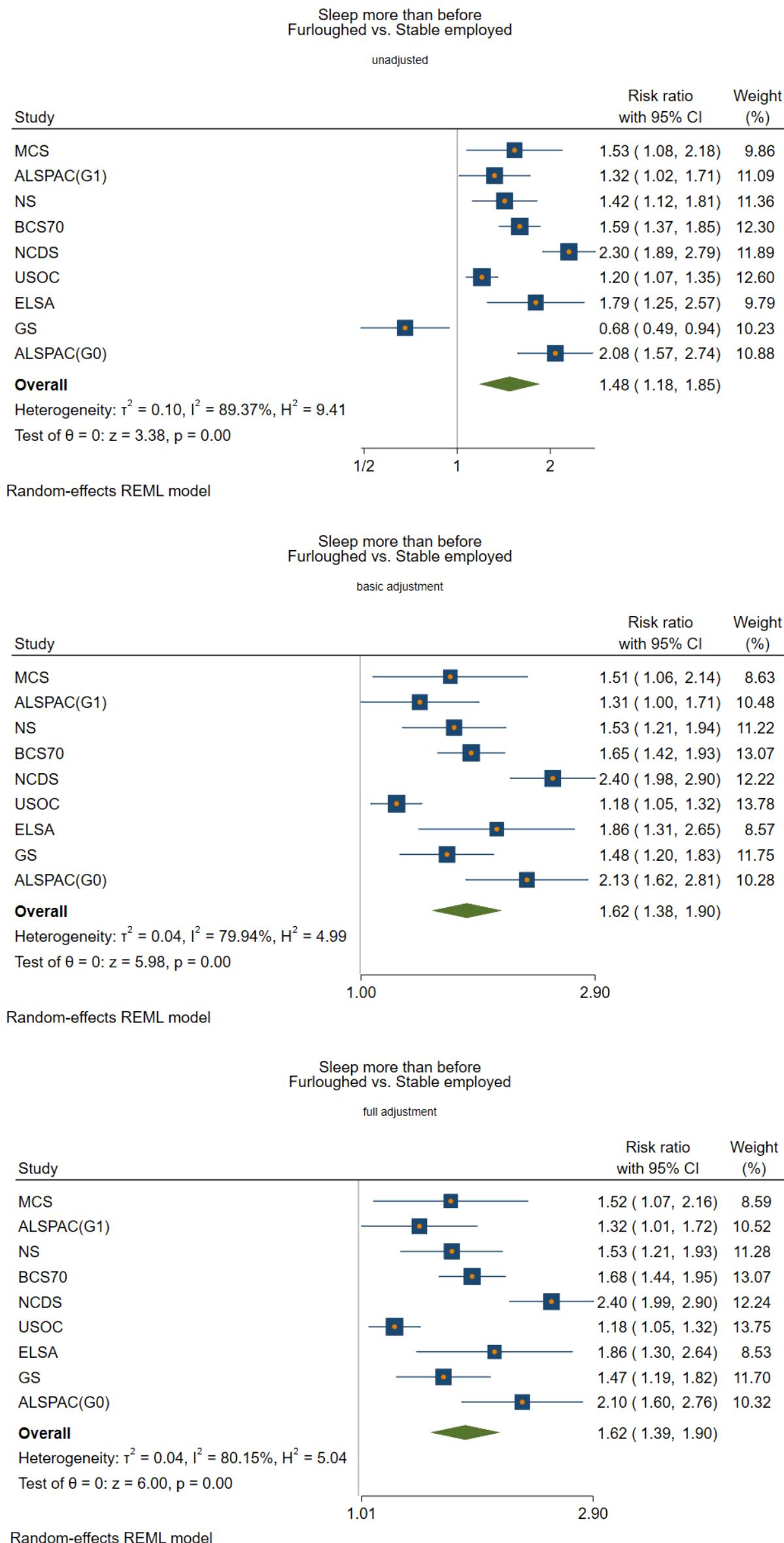
Sleep less than before
Stable non-employed vs. Stable employed

full adjustment



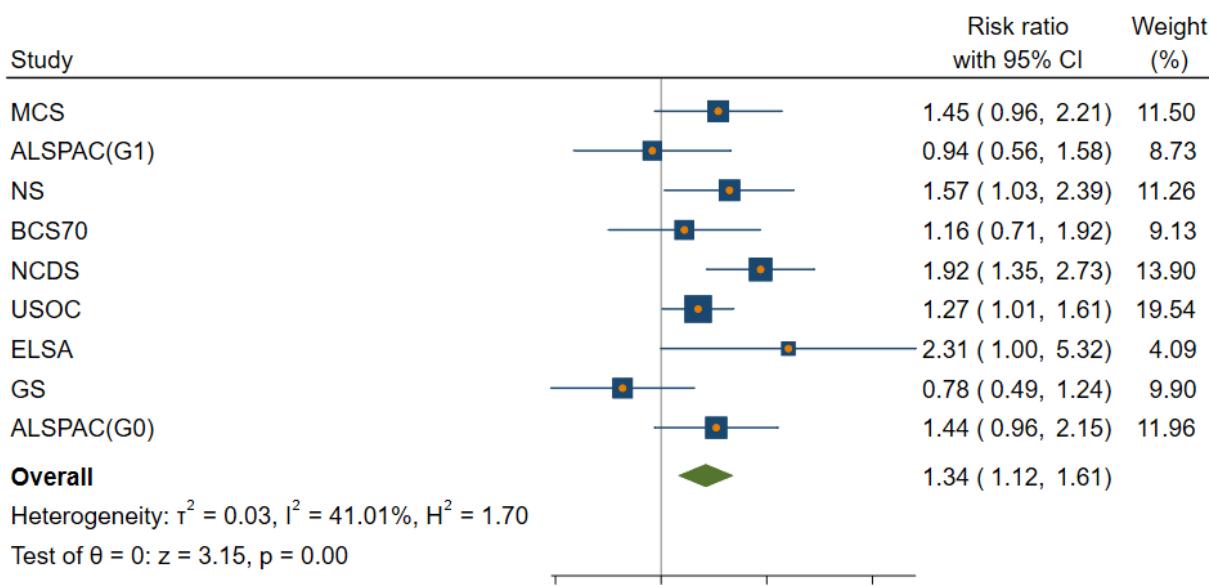
Random-effects REML model

Figure set 9: Sleeps more than before



Sleep more than before
No longer employed vs. Stable employed

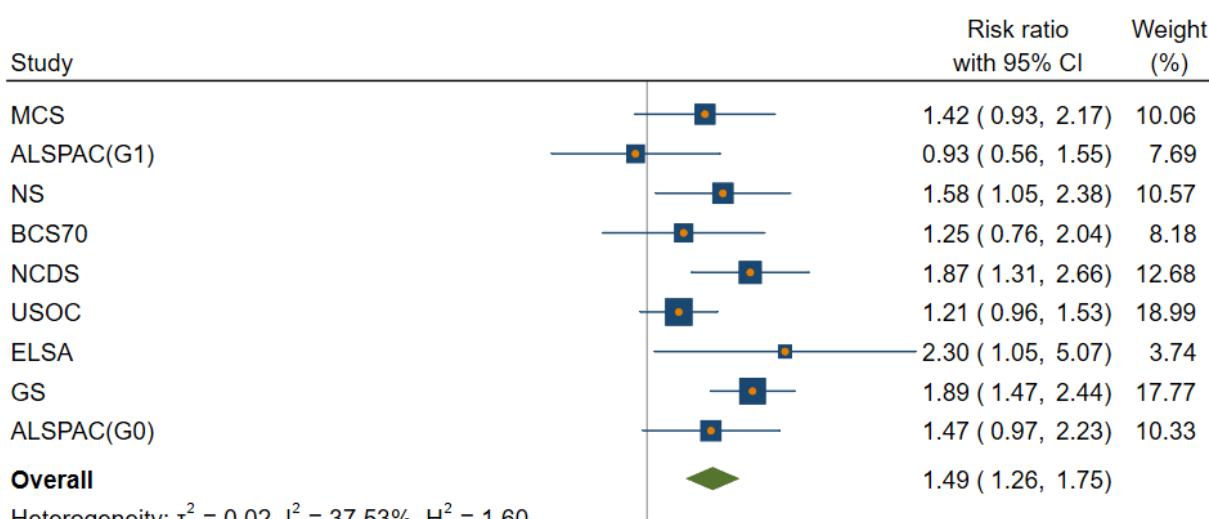
unadjusted



Random-effects REML model

Sleep more than before
No longer employed vs. Stable employed

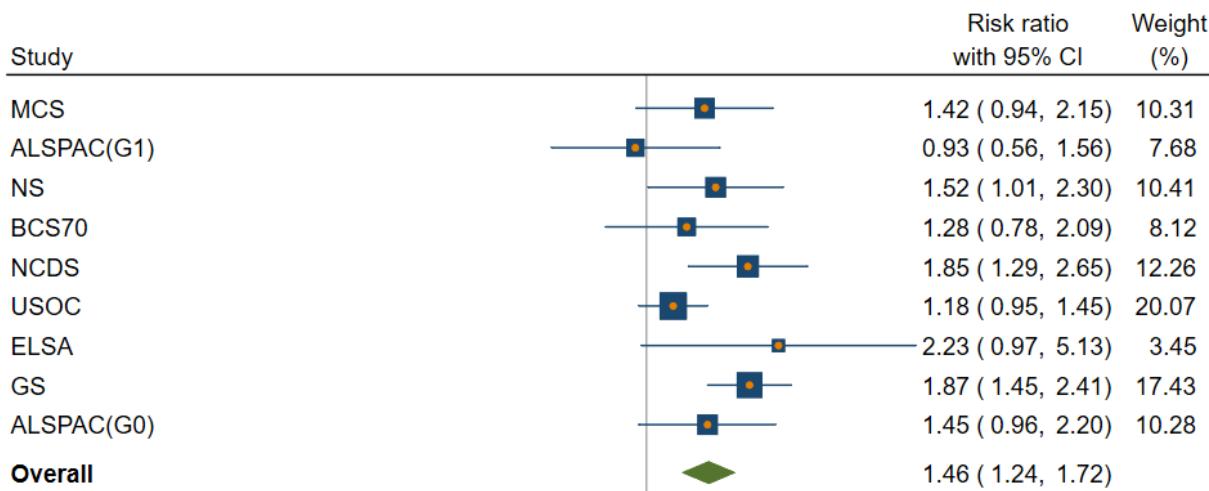
basic adjustment



Random-effects REML model

Sleep more than before
No longer employed vs. Stable employed

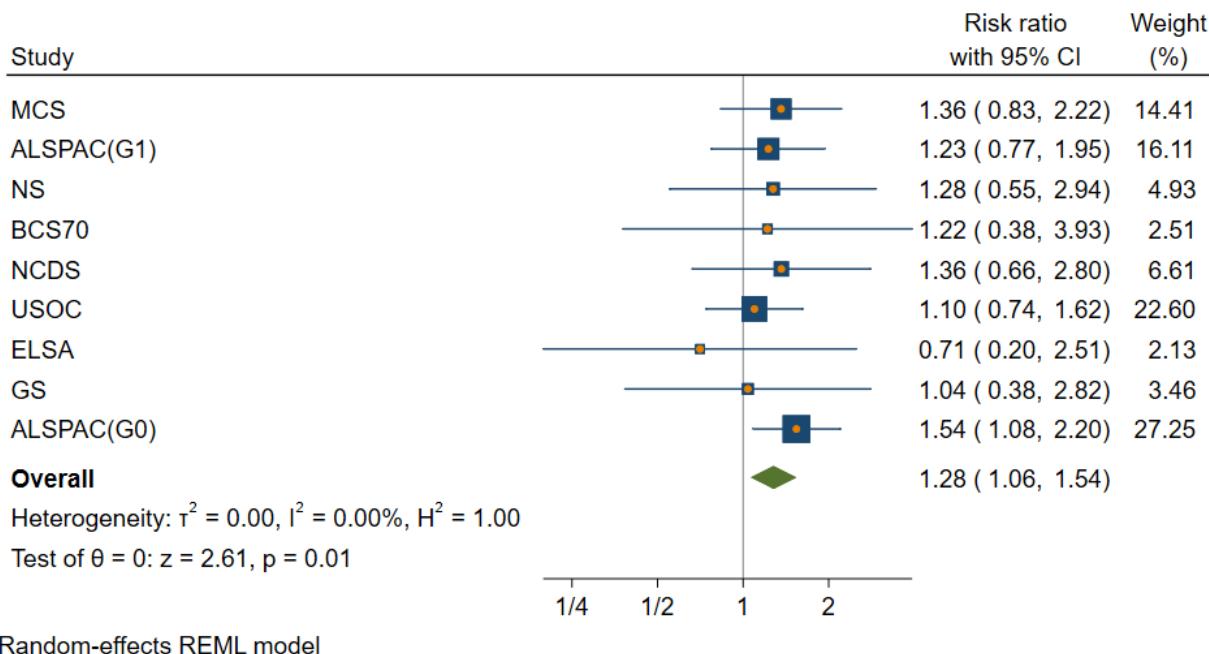
full adjustment



Random-effects REML model

Sleep more than before
Stable unemployed vs. Stable employed

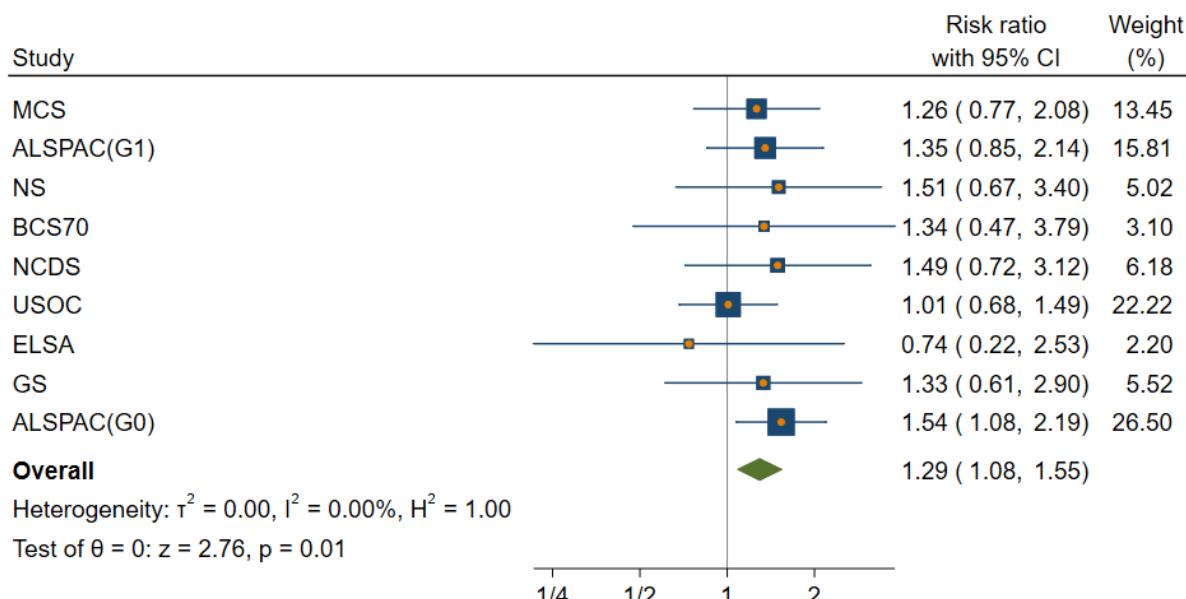
unadjusted



Random-effects REML model

Sleep more than before
Stable unemployed vs. Stable employed

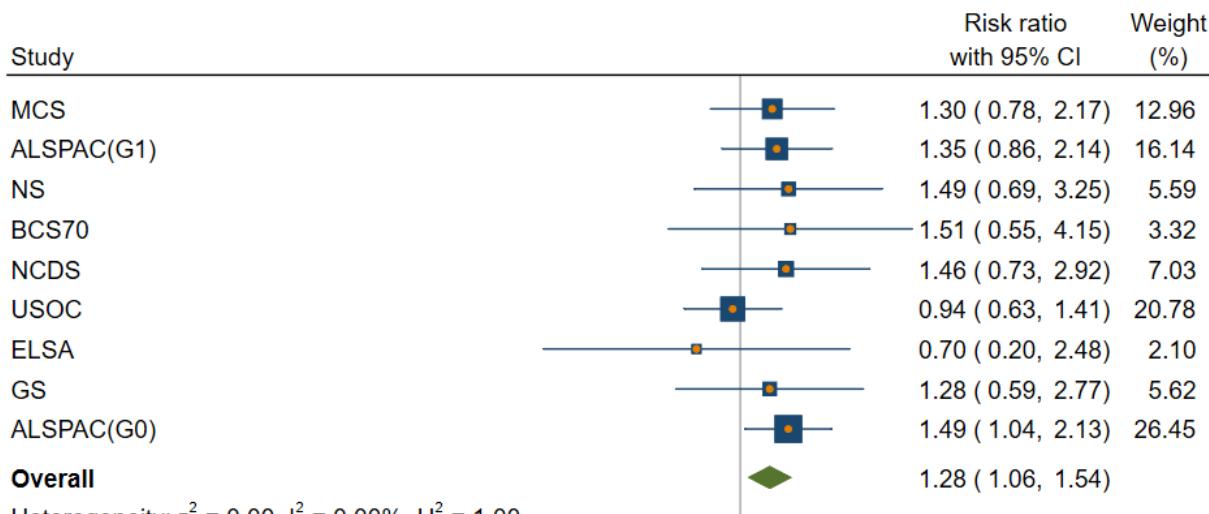
basic adjustment



Random-effects REML model

Sleep more than before
Stable unemployed vs. Stable employed

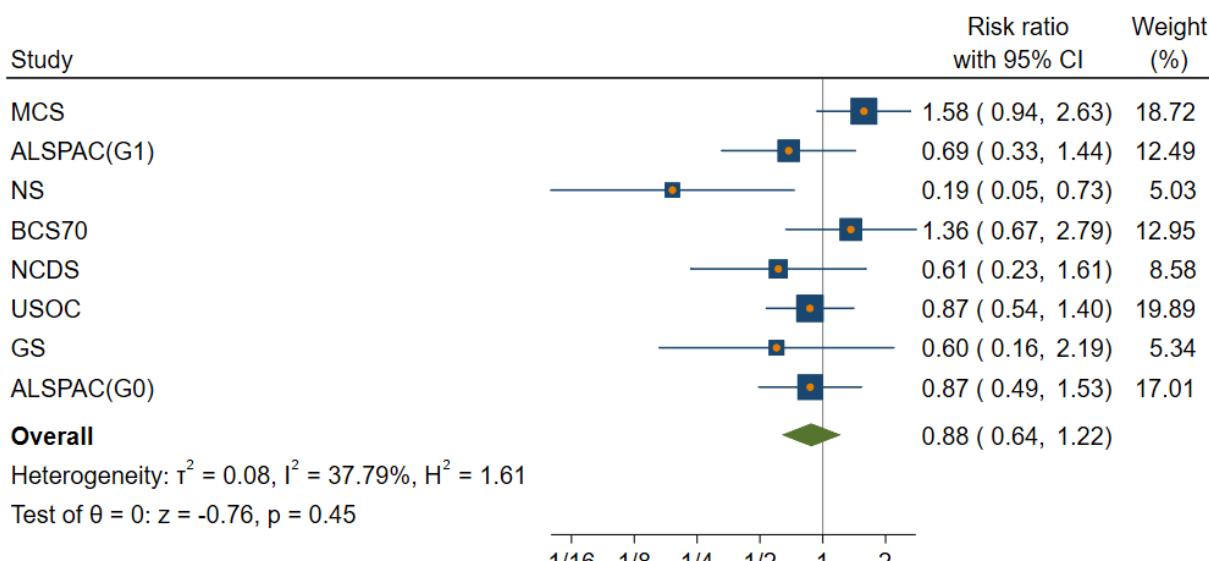
full adjustment



Random-effects REML model

Sleep more than before
Became employed vs. Stable employed

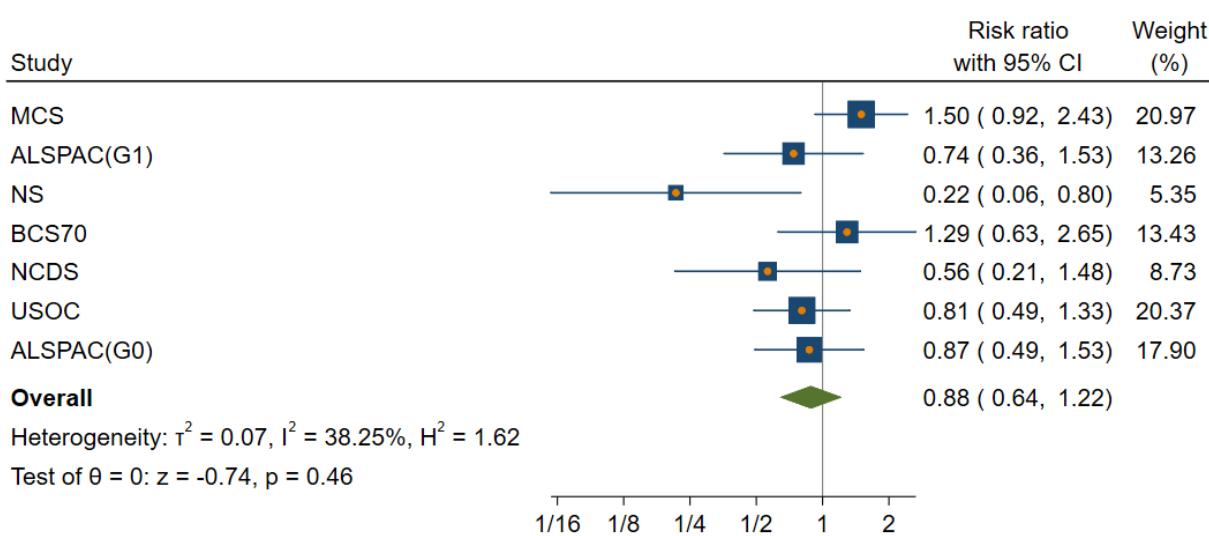
unadjusted



Random-effects REML model

Sleep more than before
Became employed vs. Stable employed

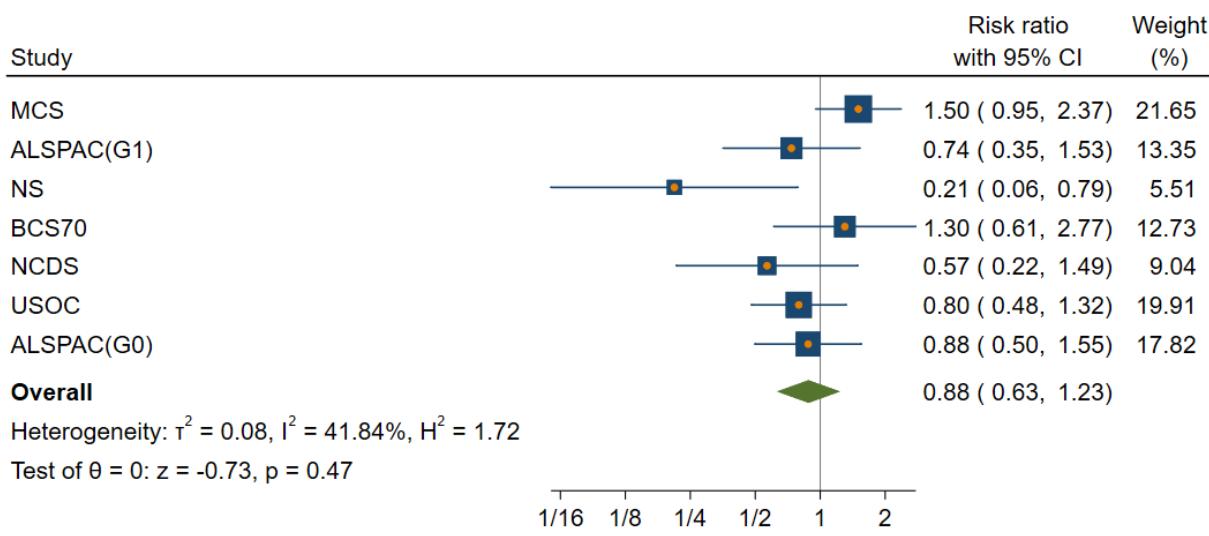
basic adjustment



Random-effects REML model

Sleep more than before
Became employed vs. Stable employed

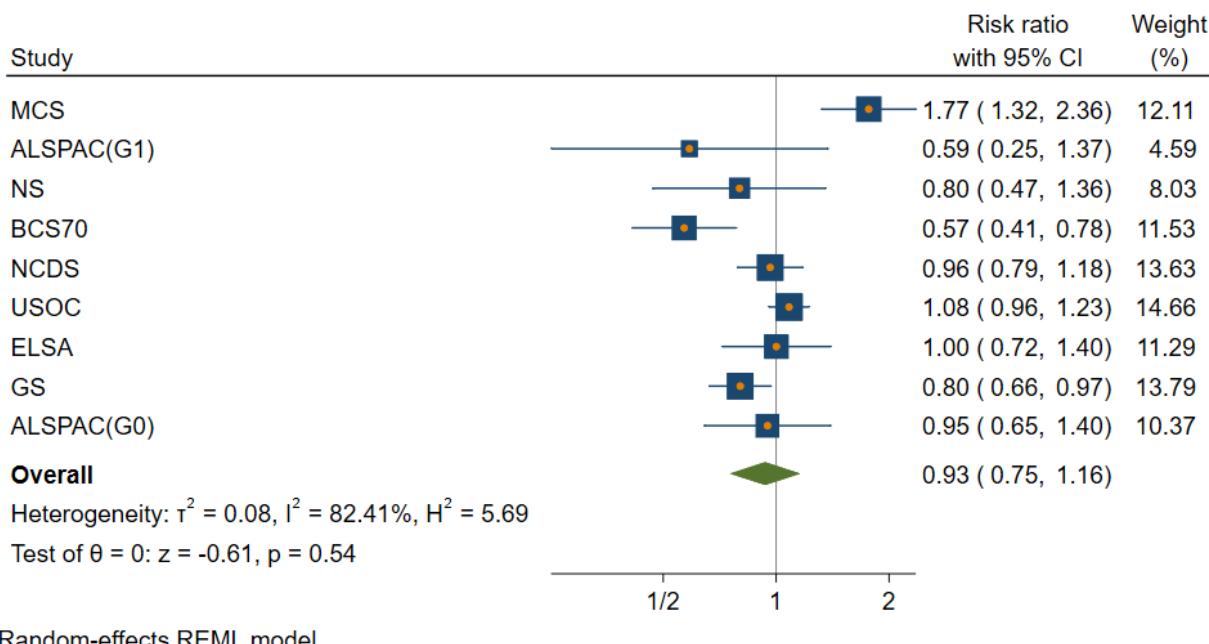
full adjustment



Random-effects REML model

Sleep more than before
Stable non-employed vs. Stable employed

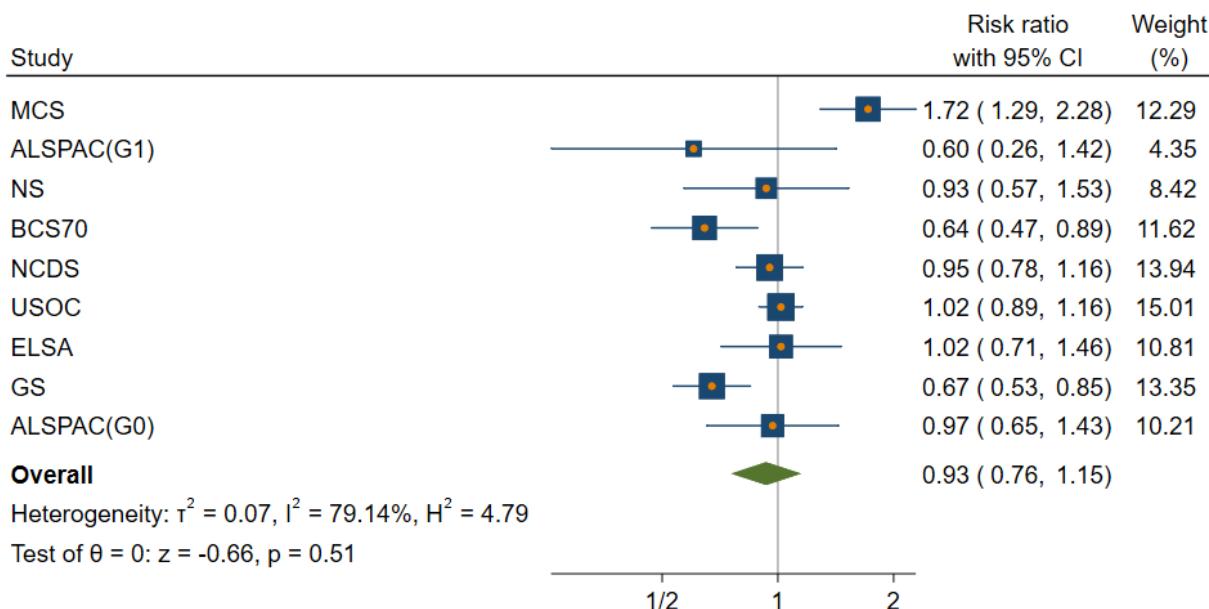
unadjusted



Random-effects REML model

Sleep more than before
Stable non-employed vs. Stable employed

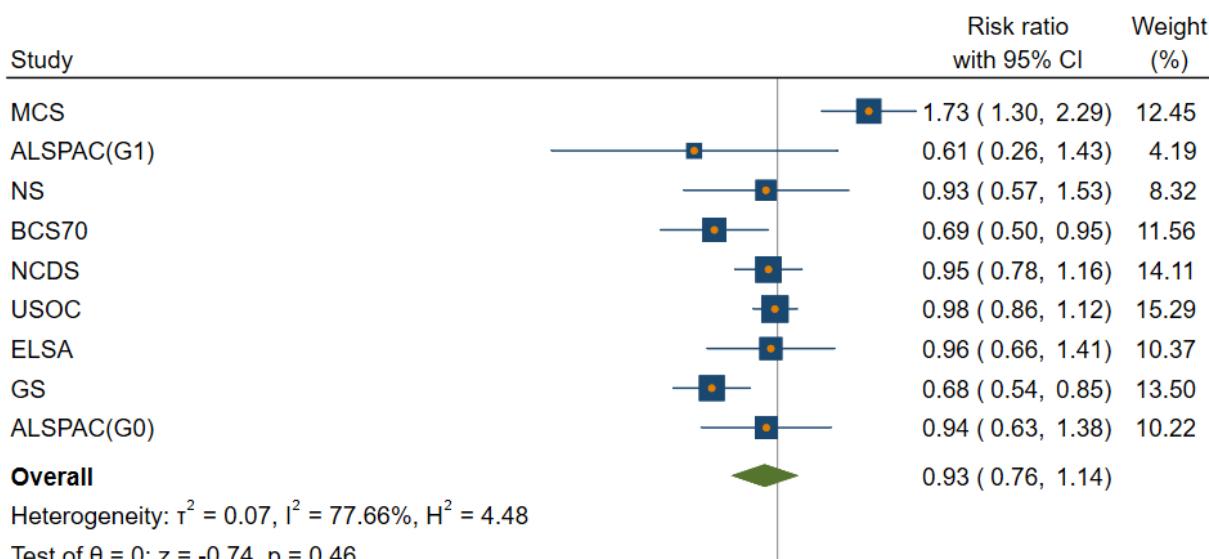
basic adjustment



Random-effects REML model

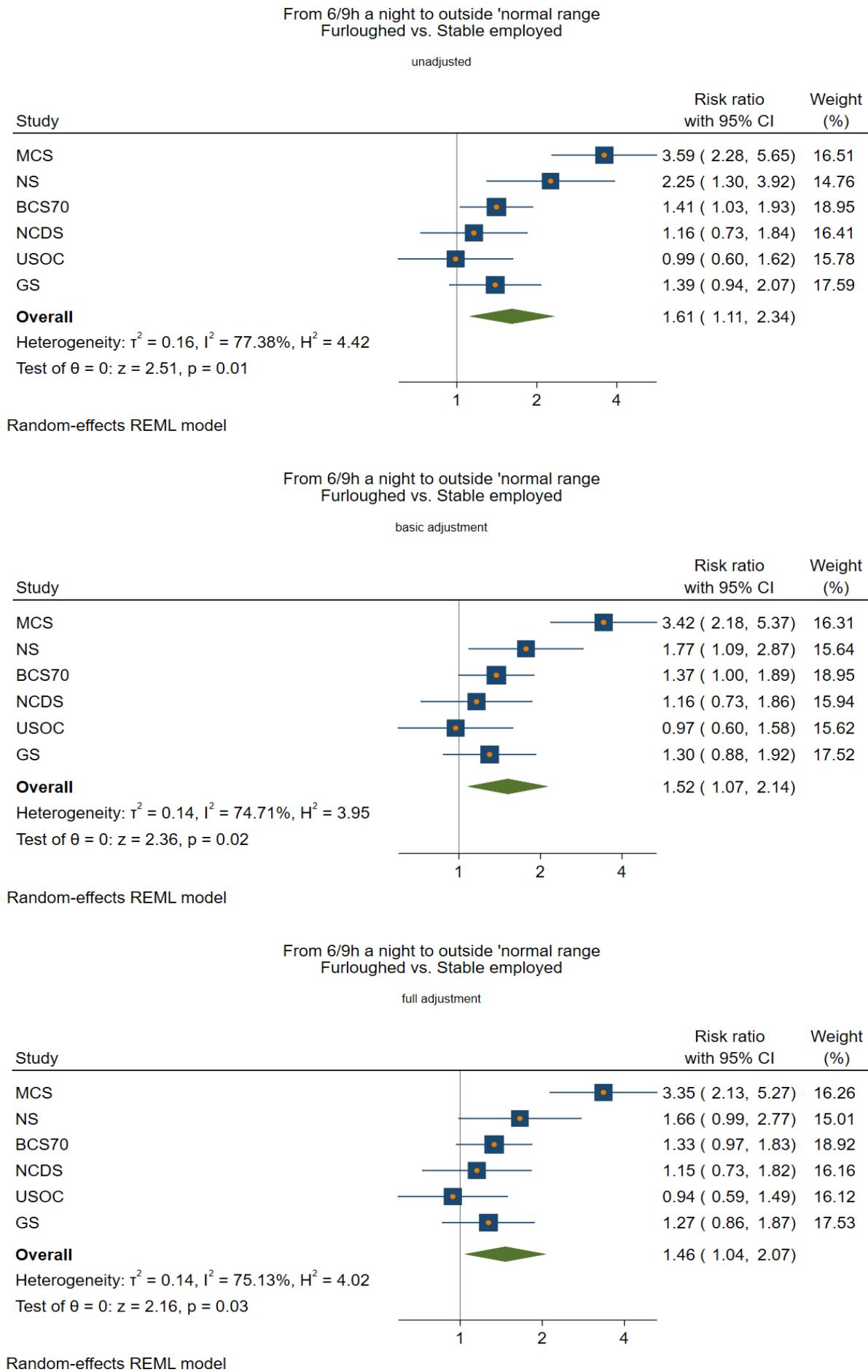
Sleep more than before
Stable non-employed vs. Stable employed

full adjustment



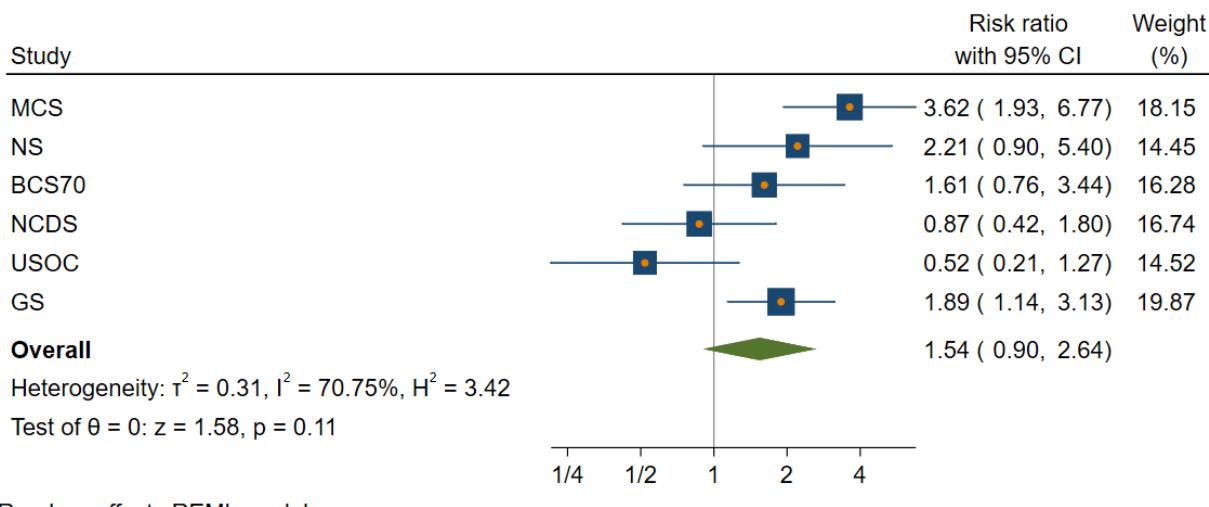
Random-effects REML model

Figure set 10: From 6/9 hours a night to outside 'normal range'



From 6/9h a night to outside 'normal range
No longer employed vs. Stable employed

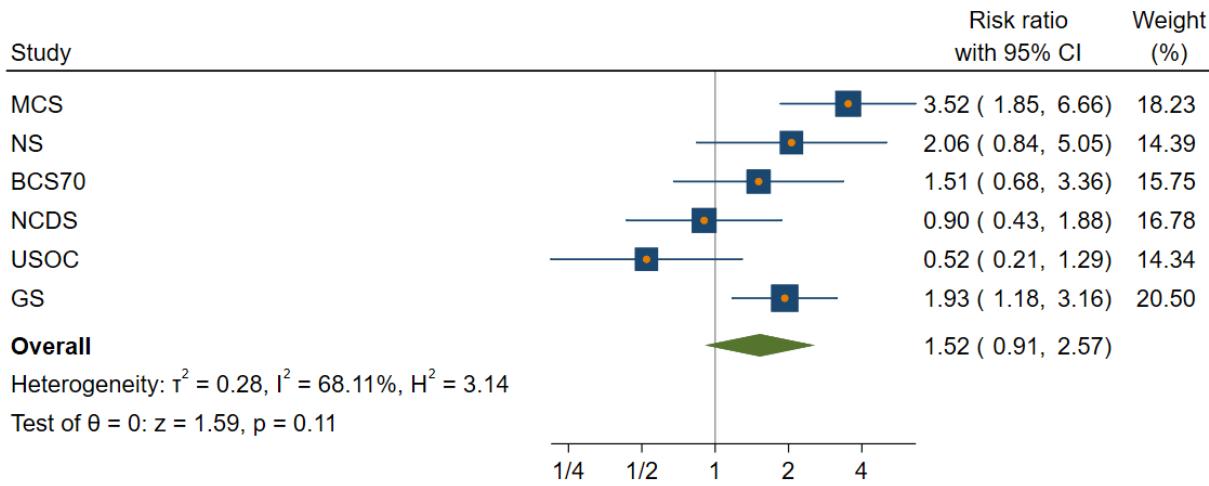
unadjusted



Random-effects REML model

From 6/9h a night to outside 'normal range
No longer employed vs. Stable employed

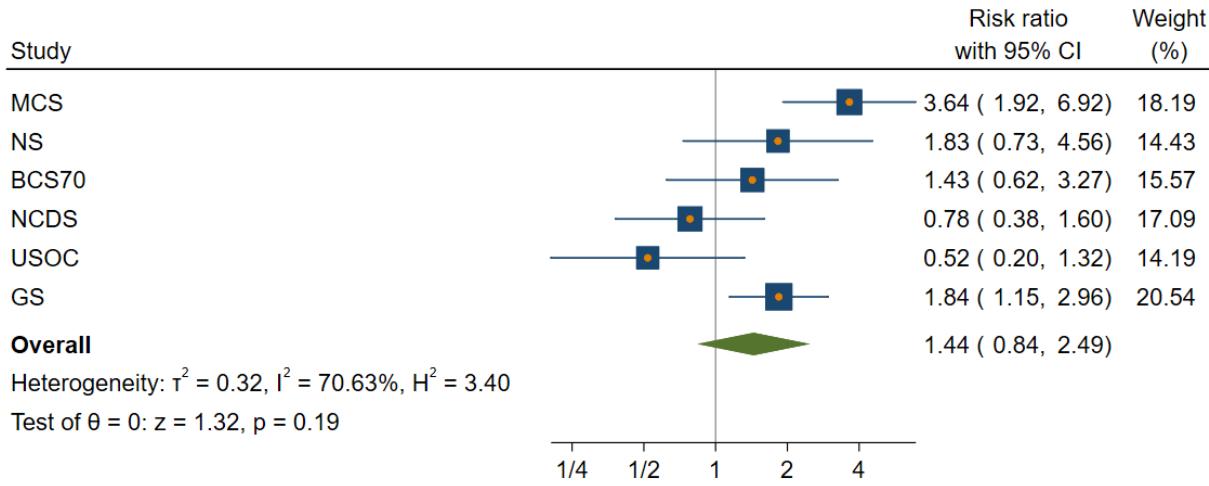
basic adjustment



Random-effects REML model

From 6/9h a night to outside 'normal range
No longer employed vs. Stable employed

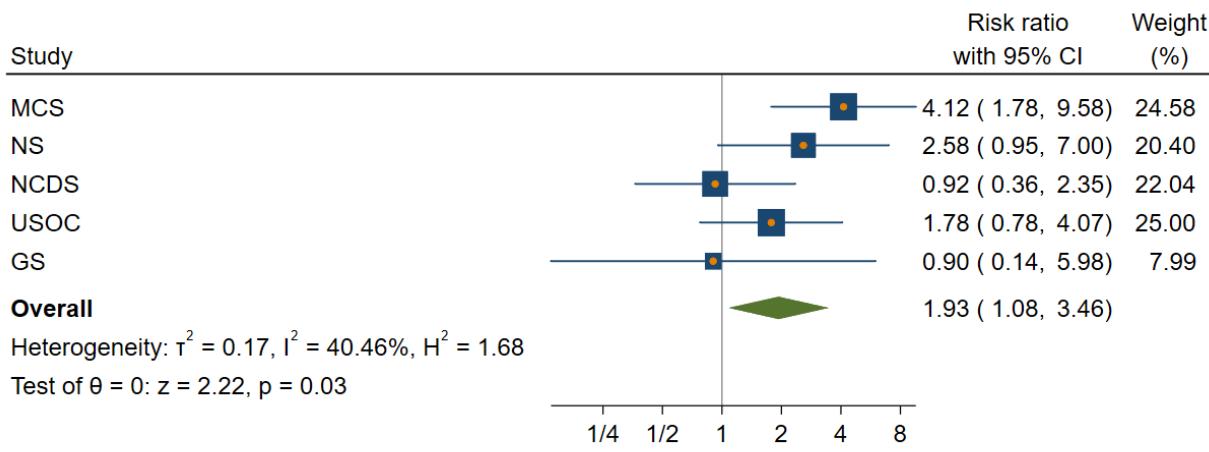
full adjustment



Random-effects REML model

From 6/9h a night to outside 'normal range
Stable unemployed vs. Stable employed

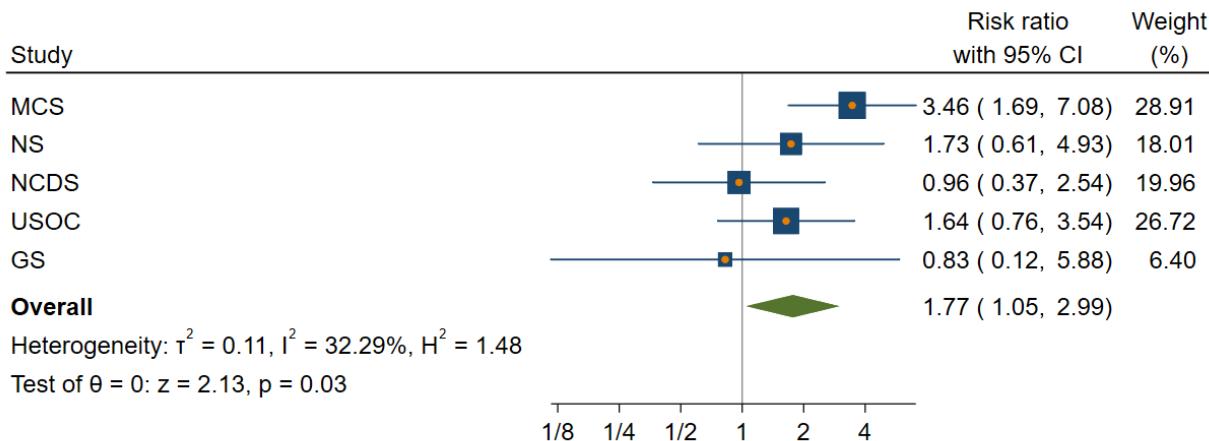
unadjusted



Random-effects REML model

From 6/9h a night to outside 'normal range
Stable unemployed vs. Stable employed

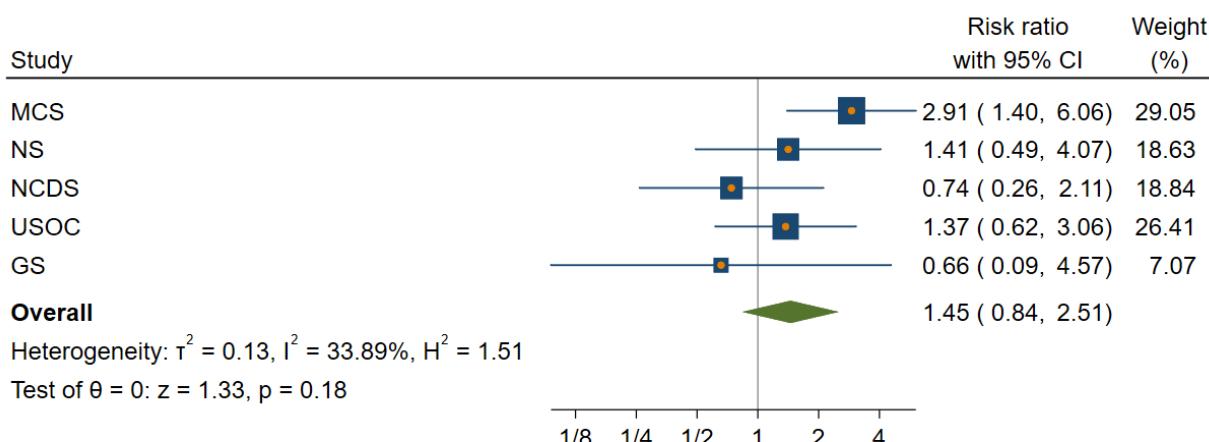
basic adjustment



Random-effects REML model

From 6/9h a night to outside 'normal range
Stable unemployed vs. Stable employed

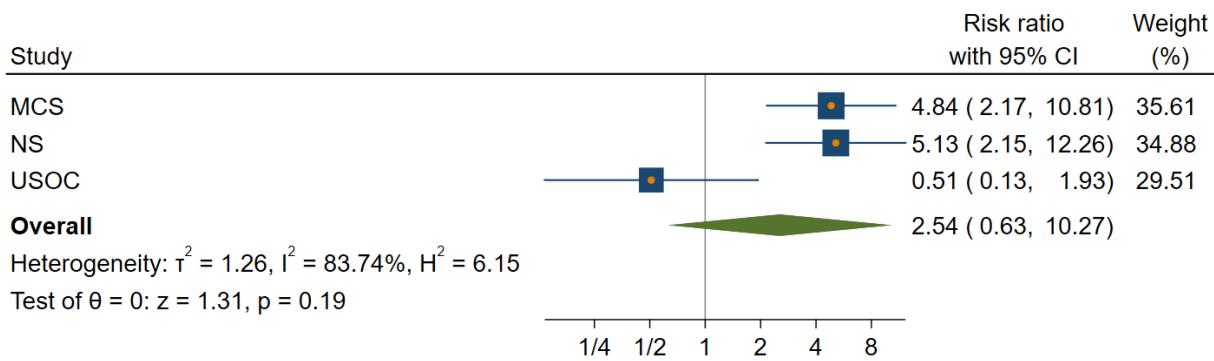
full adjustment



Random-effects REML model

From 6/9h a night to outside 'normal range
Became employed vs. Stable employed

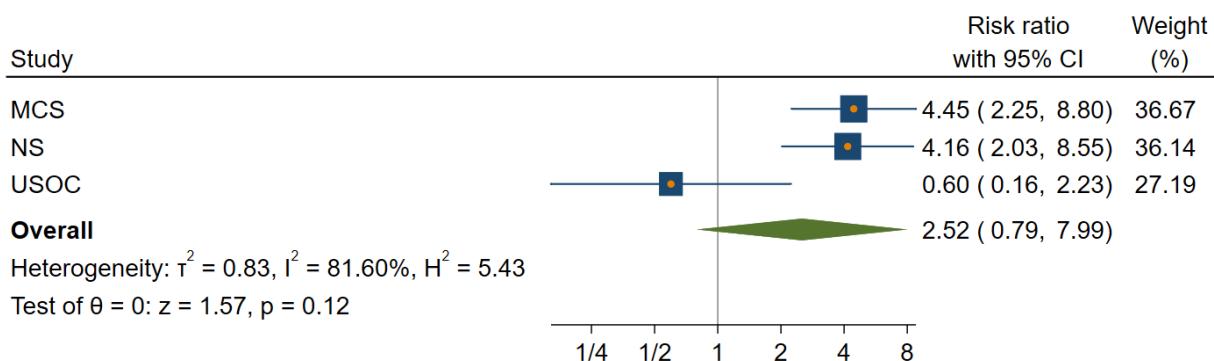
unadjusted



Random-effects REML model

From 6/9h a night to outside 'normal range
Became employed vs. Stable employed

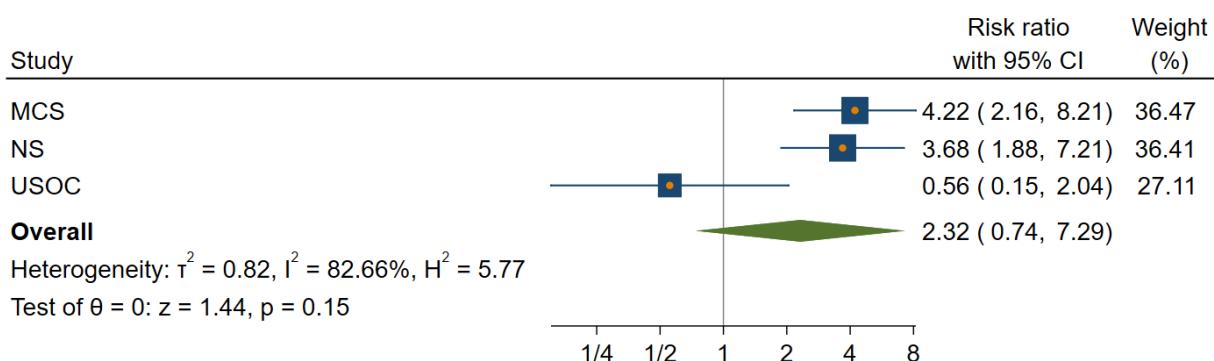
basic adjustment



Random-effects REML model

From 6/9h a night to outside 'normal range
Became employed vs. Stable employed

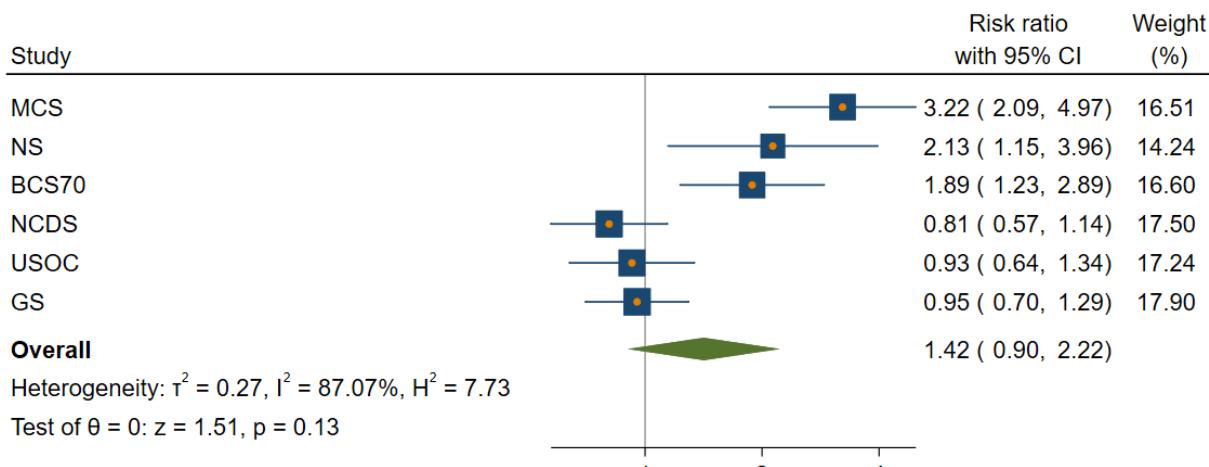
full adjustment



Random-effects REML model

From 6/9h a night to outside 'normal range
Stable non-employed vs. Stable employed

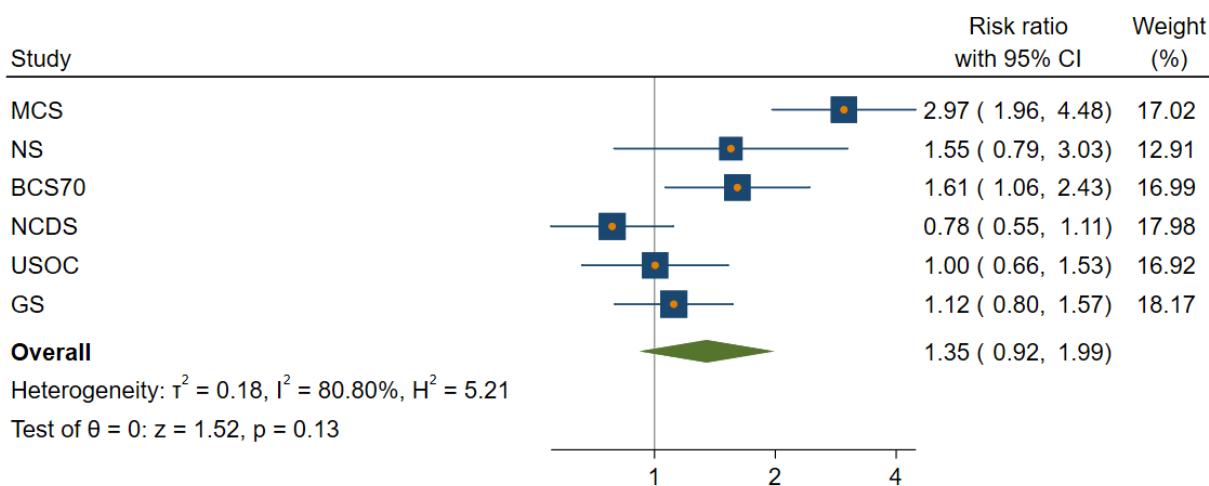
unadjusted



Random-effects REML model

From 6/9h a night to outside 'normal range
Stable non-employed vs. Stable employed

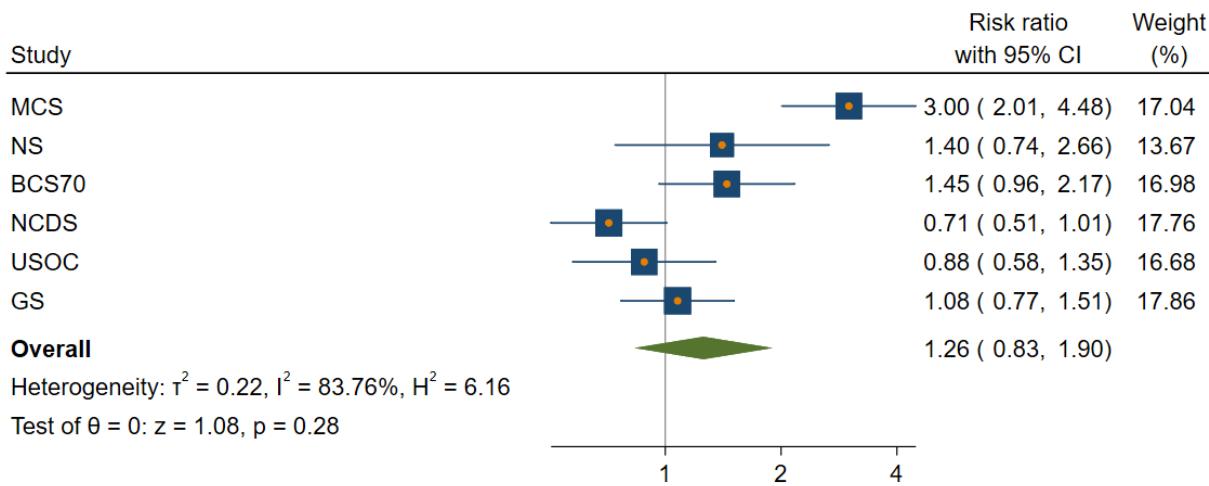
basic adjustment



Random-effects REML model

From 6/9h a night to outside 'normal range
Stable non-employed vs. Stable employed

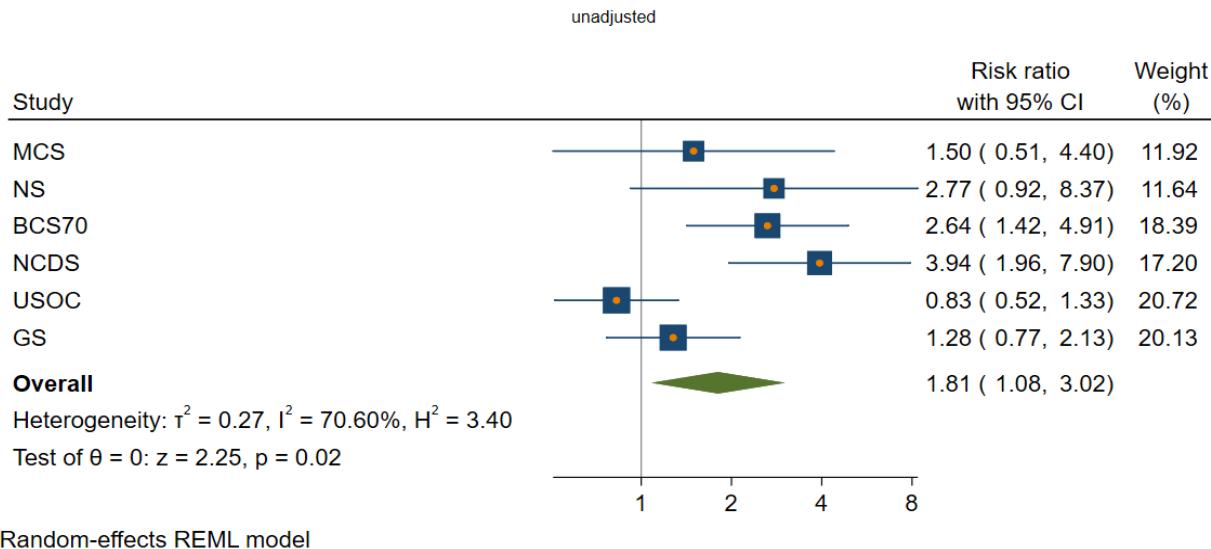
full adjustment



Random-effects REML model

Figure set 11: From outside 'normal range' to 6/9h a night

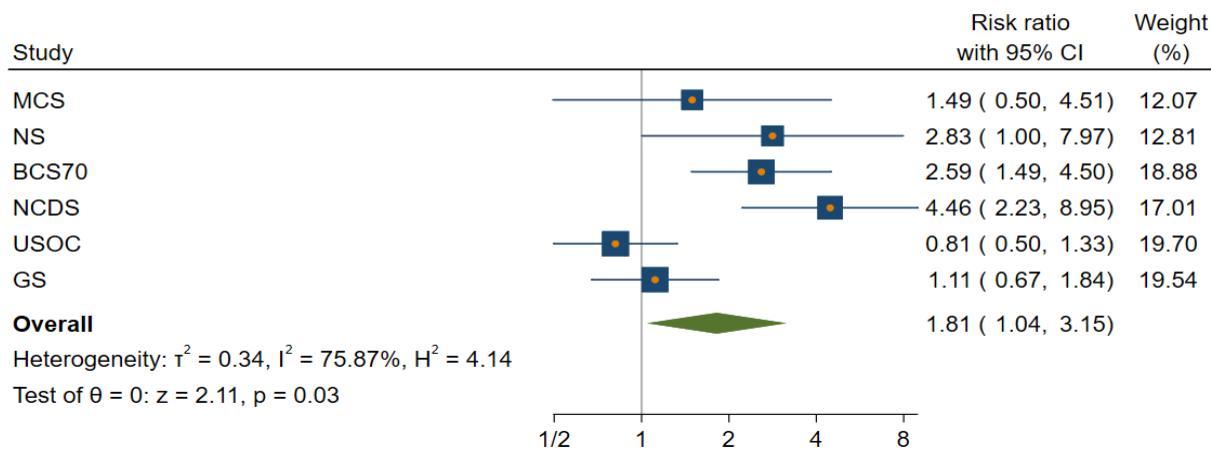
From outside 'normal range' to 6/9h a night
Furloughed vs. Stable employed



Random-effects REML model

From outside 'normal range' to 6/9h a night
Furloughed vs. Stable employed

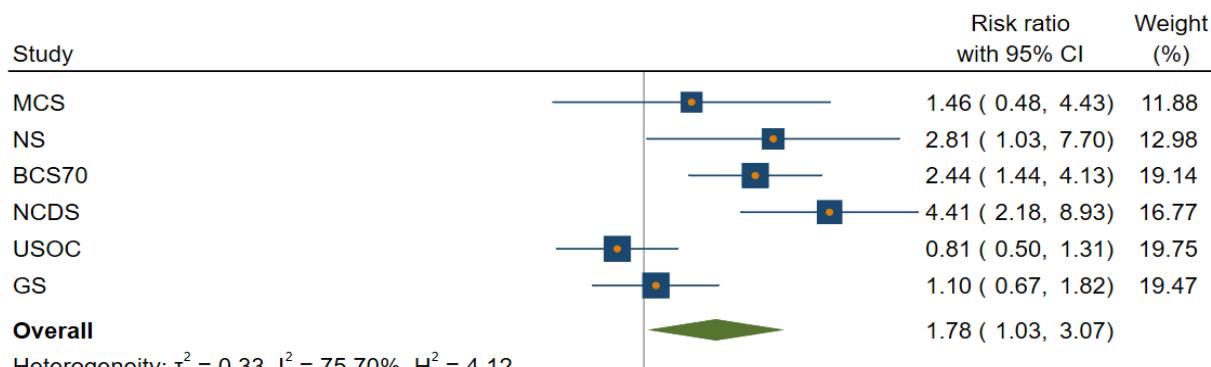
basic adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
Furloughed vs. Stable employed

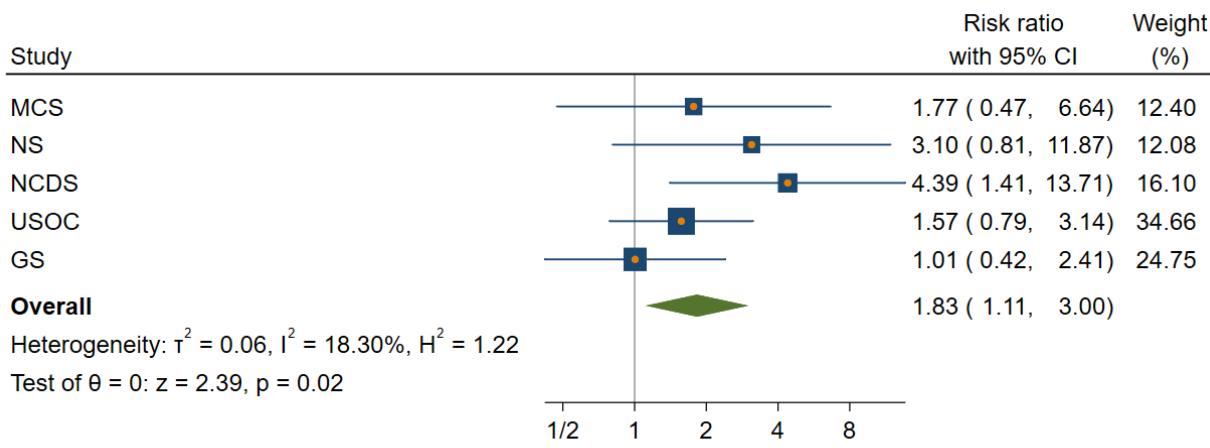
full adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
No longer employed vs. Stable employed

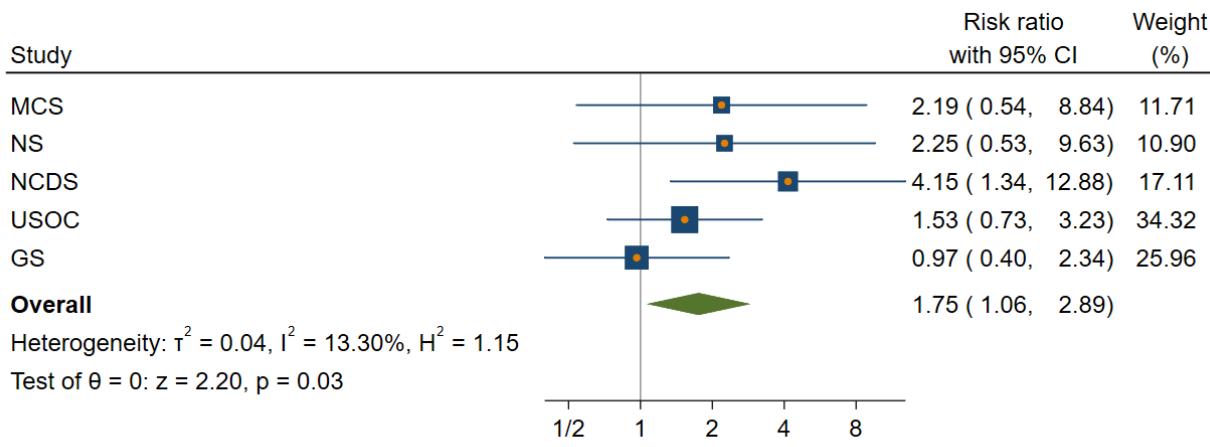
unadjusted



Random-effects REML model

From outside 'normal range' to 6/9h a night
No longer employed vs. Stable employed

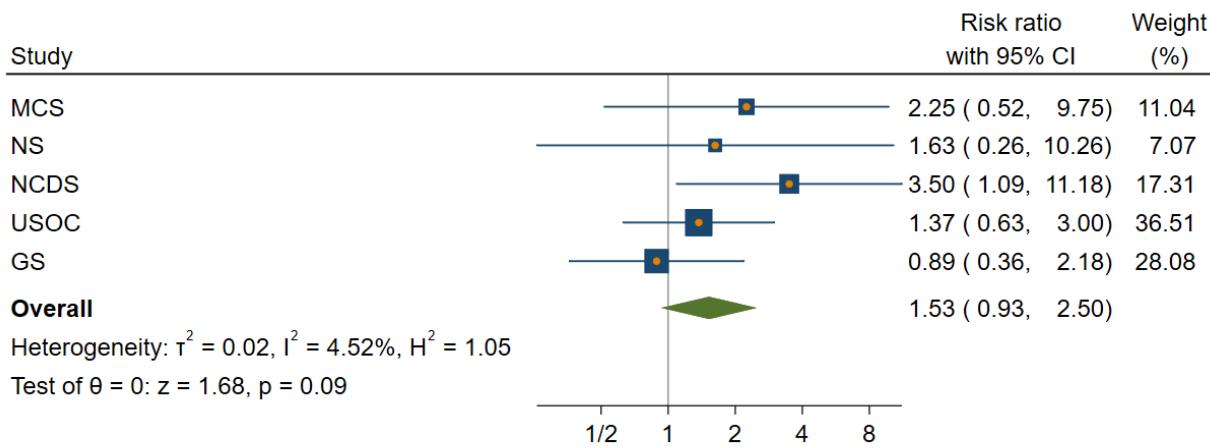
basic adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
No longer employed vs. Stable employed

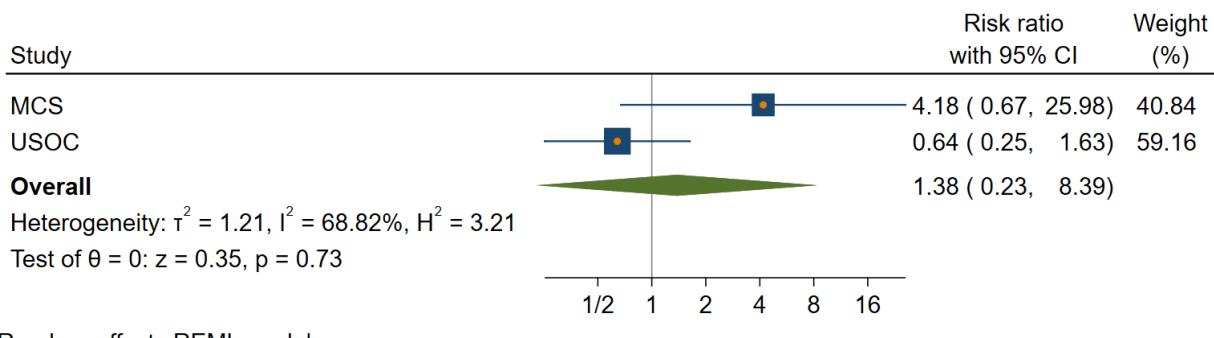
full adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
Stable unemployed vs. Stable employed

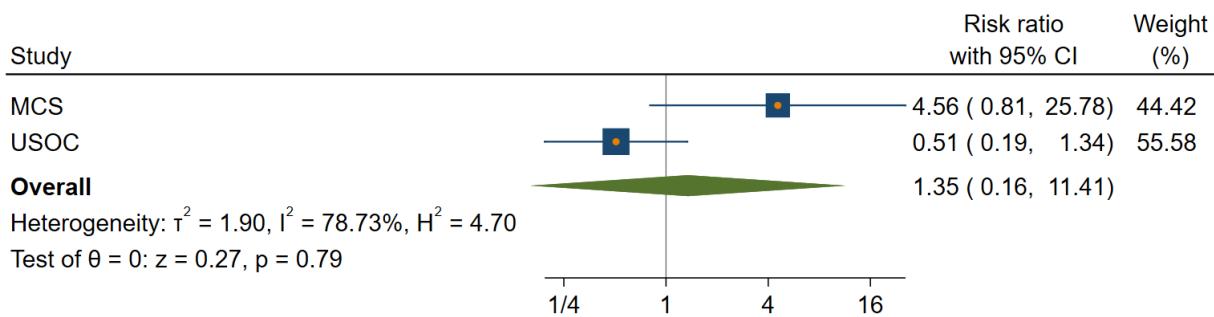
unadjusted



Random-effects REML model

From outside 'normal range' to 6/9h a night
Stable unemployed vs. Stable employed

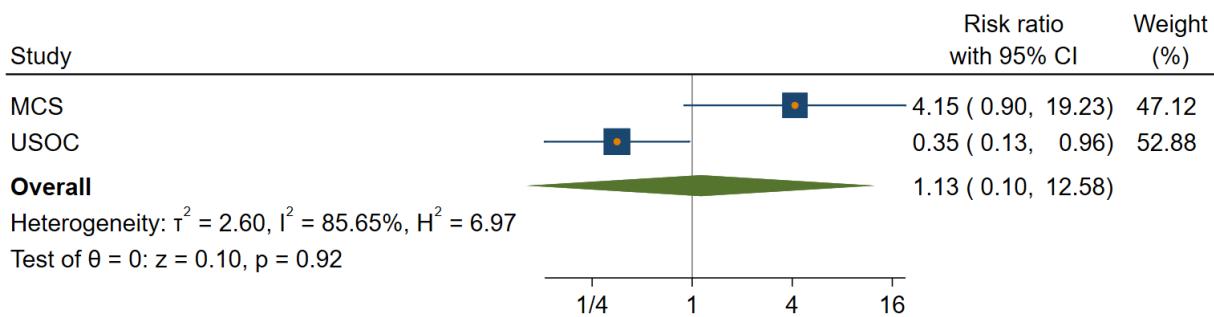
basic adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
Stable unemployed vs. Stable employed

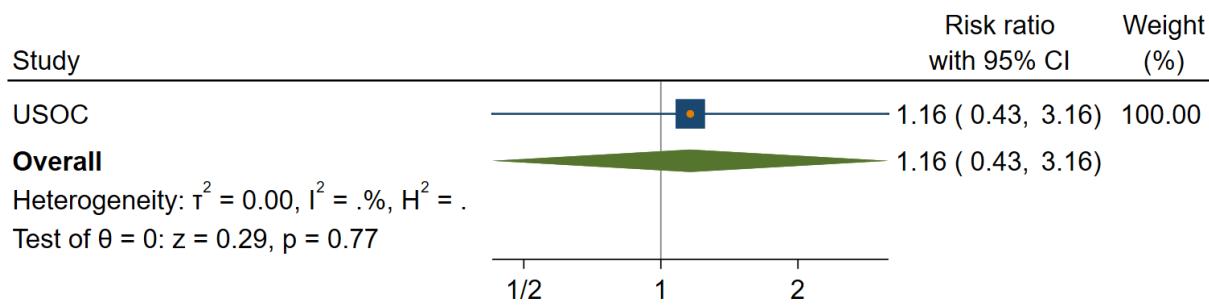
full adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
Became employed vs. Stable employed

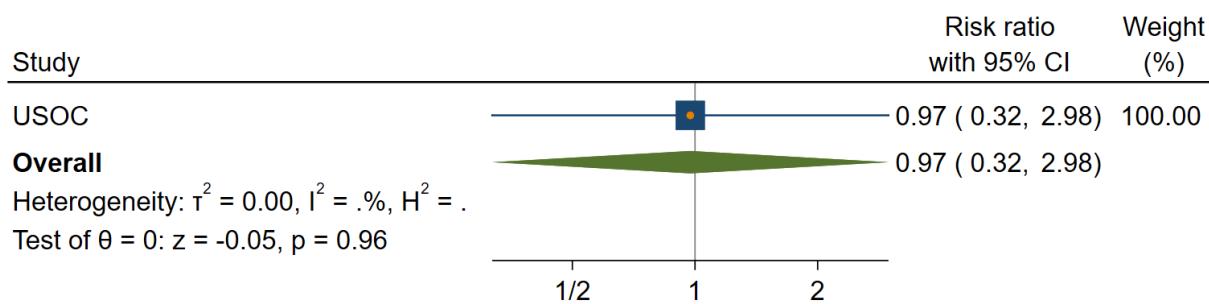
unadjusted



Random-effects REML model

From outside 'normal range' to 6/9h a night
Became employed vs. Stable employed

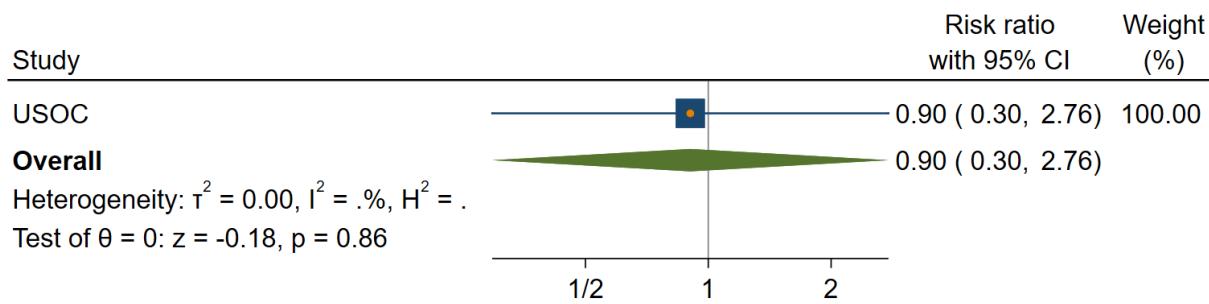
basic adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
Became employed vs. Stable employed

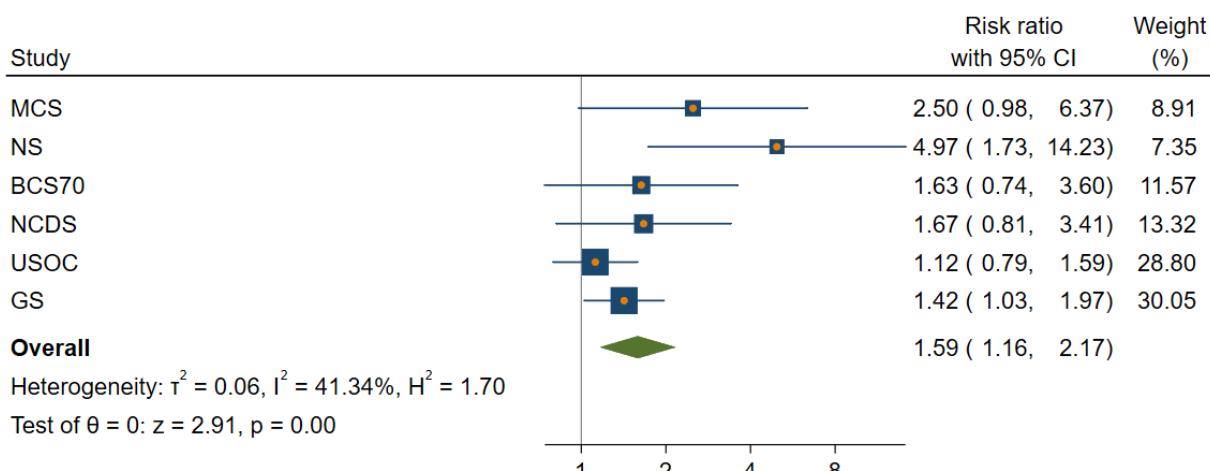
full adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
Stable non-employed vs. Stable employed

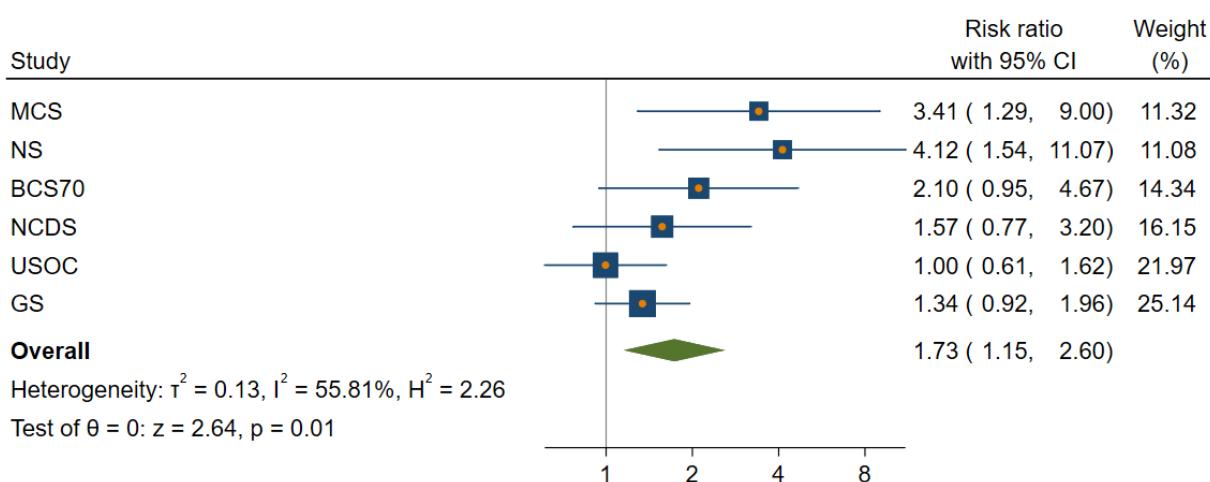
unadjusted



Random-effects REML model

From outside 'normal range' to 6/9h a night
Stable non-employed vs. Stable employed

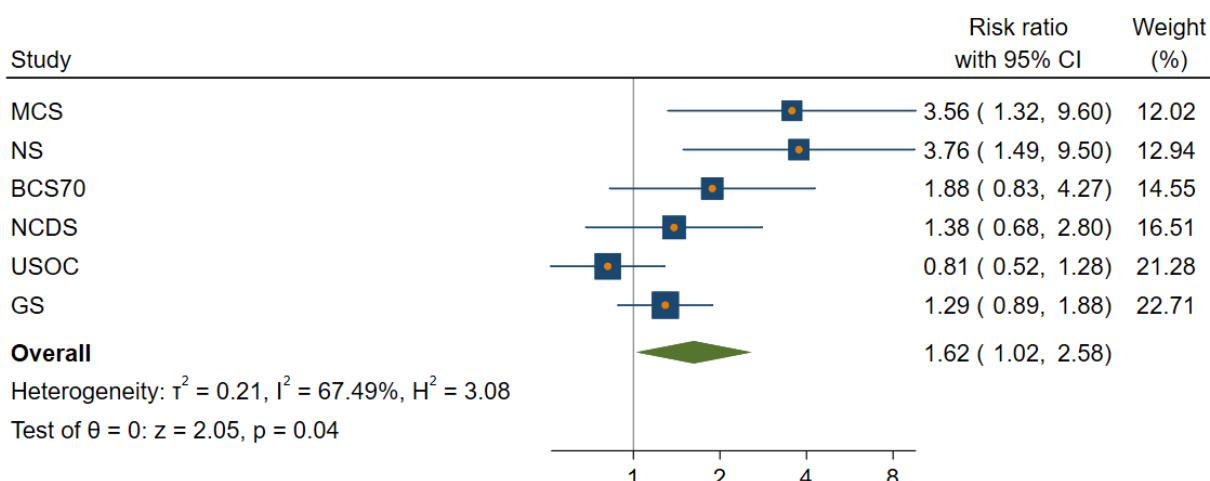
basic adjustment



Random-effects REML model

From outside 'normal range' to 6/9h a night
Stable non-employed vs. Stable employed

full adjustment



Random-effects REML model