

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 all 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
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	1.28	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
Stable unemployed	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
	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
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	0.80	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
Stable unemployed	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
	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	1.07	0.97	1.17	38.53	1.19	1.04	1.36	75.78
	female	1.01	0.90	1.12	31.88	1.20	1.08	1.34	46.48
	male	1.16	1.04	1.29	4.72	1.18	0.98	1.43	65.02
	Degree	1.02	0.92	1.13	0	1.11	1.02	1.22	5.98
	No degree	1.10	0.99	1.21	30.03	1.22	1.05	1.42	70.82
	16-29y	1.06	0.87	1.28	0	1.19	0.74	1.91	69.22
	30-49y	1.11	0.89	1.38	59.5	1.03	0.91	1.16	0
	50+y	1.04	0.86	1.26	73.46	1.11	0.84	1.46	91.24
No longer employed	Overall	1.07	0.93	1.23	21	1.12	1.00	1.26	0.17
	female	1.14	0.91	1.43	57.54	1.00	0.85	1.16	16.71
	male	1.03	0.77	1.39	45.18	1.33	1.12	1.59	0
	Degree	0.93	0.77	1.12	0	1.06	0.92	1.24	0
	No degree	1.31	1.08	1.58	43.69	1.15	1.00	1.33	0
	16-29y	0.86	0.54	1.36	49.18	1.27	0.80	2.00	31.73
	30-49y	1.12	0.77	1.64	18.69	1.12	0.79	1.59	35.14
	50+y	1.10	0.90	1.35	39.83	1.05	0.91	1.21	0
Stable unemployed	Overall	0.84	0.65	1.09	27.66	1.14	0.96	1.35	0
	female	0.86	0.65	1.12	10.6	1.14	0.92	1.40	0
	male	0.83	0.57	1.21	0	1.35	1.00	1.83	0
	Degree	0.63	0.35	1.12	33.8	1.12	0.89	1.42	0
	No degree	0.89	0.62	1.27	57.27	1.24	1.02	1.52	0
	16-29y	0.60	0.30	1.19	0	1.30	0.72	2.37	31.48
	30-49y	1.27	0.87	1.86	*	0.60	0.34	1.08	4.48
	50+y	0.97	0.62	1.52	72.02	1.07	0.89	1.29	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	0.90	0.75	1.07	70.74	1.63	1.39	1.91	80.2	1.46	1.04	2.07	75.13	1.78	1.03	3.07	75.7
	female	0.91	0.80	1.02	19.62	1.54	1.32	1.80	68.21	1.36	0.89	2.09	77.96	1.63	1.07	2.50	43.73
	male	0.90	0.66	1.22	69.53	1.71	1.41	2.06	65.36	1.41	1.07	1.86	0	2.29	0.58	9.09	84.99
	Degree	0.99	0.80	1.22	51.11	1.47	1.27	1.70	50.22	1.86	0.60	5.77	93.42	1.28	0.83	1.97	0
	No degree	0.90	0.76	1.07	57.27	1.66	1.39	1.99	74.77	1.40	1.15	1.72	1.2	2.21	1.05	4.65	74.68
	16-29y	0.76	0.56	1.03	0	1.41	1.15	1.72	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	0.85	0.65	1.12	77.53	1.61	1.17	2.23	91.74	1.31	1.05	1.63	0	1.62	0.68	3.87	87.1
	No longer employed	Overall	0.99	0.85	1.16	0	1.45	1.24	1.70	39.21	1.35	0.68	2.66	72.61	1.14	0.63	2.05
female		1.05	0.89	1.24	0	1.32	1.11	1.58	22.6	2.18	1.46	3.26	0	2.03	0.94	4.37	*
male		1.04	0.74	1.48	0	1.62	1.28	2.05	36	6.38	1.89	21.51	*	no information			
Degree		1.16	0.90	1.49	15.71	1.32	1.32	1.10	1.58	21.63	4.94	94.68	*	no information			
No degree		0.98	0.80	1.20	0	1.56	1.50	1.25	1.80	1.90	1.13	3.18	0	1.49	0.59	3.80	
16-29y		0.93	0.56	1.53	26.47	1.25	0.92	1.69	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	0.79	1.18	0	1.49	1.21	1.83	45.91	1.44	0.73	2.84	67.03	1.59	0.79	3.22	
Stable unemployed		Overall	1.09	0.84	1.40	26.48	1.32	1.04	1.68	21.88	1.54	0.87	2.73	39.19	0.35	0.13	0.96
	female	1.03	0.75	1.42	26.25	1.37	1.12	1.68	0	1.74	0.82	3.67	*	0.57	0.19	1.67	*
	male	1.45	0.97	2.17	34.27	1.11	0.57	2.17	68.03	3.97	1.17	13.44	*	no information			
	Degree	1.15	0.73	1.82	0	1.34	1.25	0.84	1.84	no information				no information			
	No degree	1.20	0.93	1.55	0	1.39	1.44	1.10	1.88	2.02	1.14	3.56	0	0.35	0.12	1.02	
	16-29y	1.07	0.66	1.76	*	1.21	0.78	1.86	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	0.84	0.51	1.38	51.96	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	1.07	0.97	1.17	38.53	1.19	1.04	1.36	75.78
	female	1.01	0.90	1.12	31.88	1.20	1.08	1.34	46.48
	male	1.16	1.04	1.29	4.72	1.18	0.98	1.43	65.02
	Degree	1.02	0.92	1.13	0	1.11	1.02	1.22	5.98
	No degree	1.10	0.99	1.21	30.03	1.22	1.05	1.42	70.82
	16-29y	1.06	0.87	1.28	0	1.19	0.74	1.91	69.22
	30-49y	1.11	0.89	1.38	59.5	1.03	0.91	1.16	0
	50+y	1.04	0.86	1.26	73.46	1.11	0.84	1.46	91.24
No longer employed	Overall	1.07	0.93	1.23	21.00	1.12	1.00	1.26	0.17
	female	1.14	0.91	1.43	57.54	1.00	0.85	1.16	16.71
	male	0.99	0.73	1.33	46.36	1.31	1.10	1.56	0
	Degree	0.94	0.78	1.12	0	1.06	0.91	1.23	0
	No degree	1.27	1.05	1.54	43.98	1.15	1.00	1.33	0
	16-29y	0.86	0.54	1.36	49.18	1.27	0.80	2.00	31.73
	30-49y	1.12	0.77	1.64	18.69	1.12	0.79	1.59	35.14
	50+y	1.10	0.90	1.35	39.83	1.05	0.91	1.21	0
Stable unemployed	Overall	0.85	0.67	1.07	17.33	1.12	0.95	1.33	0
	female	0.91	0.70	1.19	20.28	1.09	0.89	1.33	0
	male	0.79	0.55	1.13	0	1.23	0.93	1.63	0
	Degree	0.88	0.51	1.52	59.52	1.13	0.90	1.41	0
	No degree	0.91	0.66	1.24	47.2	1.19	0.98	1.44	0
	16-29y	0.60	0.30	1.19	0	1.30	0.72	2.37	31.48
	30-49y	1.13	0.70	1.81	20.72	0.60	0.34	1.08	4.48
	50+y	0.99	0.68	1.44	59.68	1.07	0.89	1.29	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	0.90	0.75	1.07	70.74	1.63	1.39	1.91	80.2	1.46	1.04	2.07	75.13	1.78	1.03	3.07	75.7
	female	0.91	0.80	1.02	19.62	1.54	1.32	1.80	68.21	1.36	0.89	2.09	77.96	1.63	1.07	2.50	43.73
	male	0.90	0.66	1.22	69.53	1.71	1.41	2.06	65.36	1.41	1.07	1.86	0	1.60	0.64	4.01	73.78
	Degree	0.99	0.80	1.22	51.11	1.47	1.27	1.70	50.22	1.62	0.64	4.12	91.03	1.61	0.93	2.77	45.16
	No degree	0.90	0.76	1.07	57.27	1.66	1.39	1.99	74.77	1.40	1.15	1.72	1.2	2.21	1.05	4.65	74.68
	16-29y	0.76	0.56	1.03	0	1.41	1.15	1.72	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	0.85	0.65	1.12	77.53	1.61	1.17	2.23	91.74	1.31	1.05	1.63	0	1.62	0.68	3.87	87.1
No longer employed	Overall	0.99	0.85	1.16	0	1.45	1.24	1.70	39.21	1.44	0.84	2.49	70.63	1.53	0.93	2.50	4.52
	female	1.05	0.89	1.24	0	1.32	1.11	1.58	22.6	1.32	0.76	2.30	59.54	2.24	1.20	4.20	0
	male	1.02	0.75	1.39	0	1.61	1.30	2.01	29.27	1.71	0.77	3.79	53.91	1.32	0.58	3.01	0
	Degree	1.17	0.94	1.46	0	1.32	1.10	1.58	15.24	1.68	0.51	5.51	79.65	1.17	0.40	3.40	0
	No degree	0.98	0.81	1.18	0	1.50	1.25	1.80	25.09	1.57	0.89	2.76	54.68	1.22	0.59	2.51	0
	16-29y	0.93	0.56	1.53	26.47	1.25	0.92	1.69	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	0.79	1.18	0	1.49	1.21	1.83	45.91	1.28	0.69	2.39	61.19	1.56	0.70	3.43	47.9
Stable unemployed	Overall	1.08	0.85	1.37	21.23	1.30	1.06	1.59	5.00	1.45	0.84	2.51	33.89	1.13	0.10	12.58	85.65
	female	1.03	0.75	1.42	26.25	1.57	1.26	1.94	18.35	1.58	0.92	2.71	0	0.82	0.27	2.49	20.78
	male	1.45	0.97	2.17	34.27	1.11	0.57	2.17	68.03	1.71	0.79	3.69	23.67				
	Degree	1.12	0.77	1.62	0	1.55	0.93	2.57	79.22	2.19	1.02	4.70	0				
	No degree	1.14	0.90	1.44	2.16	1.44	1.10	1.88	27.39	1.66	1.02	2.69	0	1.80	0.34	9.66	83.06
	16-29y	1.25	0.78	2.01	12.63	1.21	0.78	1.86	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	0.84	0.51	1.38	51.96	1.29	1.01	1.66	0.8	1.00	0.51	1.94	0				

* 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	1.07	0.97	1.17	38.53	1.19	1.04	1.36	75.78
	female	1.01	0.90	1.12	31.88	1.20	1.08	1.34	46.48
	male	1.16	1.04	1.29	4.72	1.18	0.98	1.43	65.02
	Degree	1.02	0.92	1.13	0	1.11	1.02	1.22	5.98
	No degree	1.10	0.99	1.21	30.03	1.22	1.05	1.42	70.82
	16-29y	1.06	0.87	1.28	0	1.19	0.74	1.91	69.22
	30-49y	1.11	0.89	1.38	59.5	1.03	0.91	1.16	0
	50+y	1.04	0.86	1.26	73.46	1.11	0.84	1.46	91.24
No longer employed	Overall	1.07	0.93	1.23	21.00	1.12	1.00	1.26	0.17
	female	1.14	0.91	1.43	57.54	1.00	0.85	1.16	16.71
	male	0.99	0.73	1.33	46.36	1.31	1.10	1.56	0
	Degree	0.93	0.78	1.11	0	1.06	0.91	1.23	0
	No degree	1.27	1.05	1.54	43.98	1.15	1.00	1.33	0
	16-29y	0.86	0.54	1.36	49.18	1.27	0.80	2.00	31.73
	30-49y	1.12	0.77	1.64	18.69	1.12	0.79	1.59	35.14
	50+y	1.10	0.90	1.35	39.83	1.09	0.95	1.24	0
Stable unemployed	Overall	0.83	0.66	1.05	15.14	1.11	0.94	1.32	0.47
	female	0.92	0.71	1.19	16.21	1.09	0.89	1.32	0
	male	0.81	0.58	1.13	0	1.18	0.90	1.55	0
	Degree	0.88	0.58	1.33	34.49	1.12	0.91	1.39	0
	No degree	0.91	0.66	1.24	47.2	1.17	0.97	1.43	0
	16-29y	0.60	0.30	1.19	0	1.30	0.72	2.37	31.48
	30-49y	1.13	0.70	1.81	20.72	0.60	0.34	1.08	4.48
	50+y	0.94	0.65	1.37	52.73	1.06	0.88	1.28	0

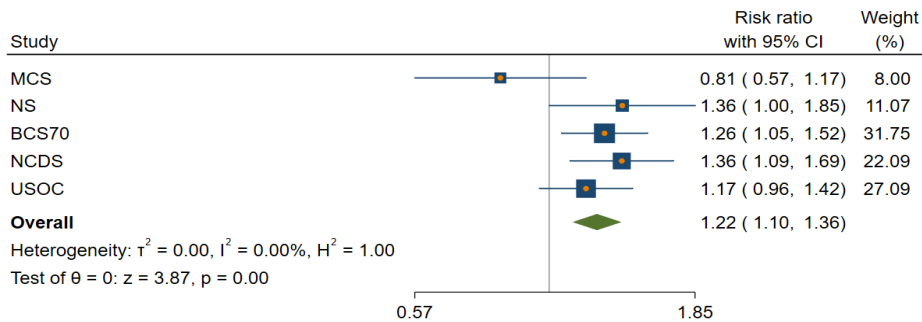
		Sleep less than before				Sleep more than before				From 6/9h a night to outside 'normal range'				From outside 'normal range' to 6/9h a night			
		RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%	RR	Lower CI	Upper CI	I2%
Furloughed	Overall	0.90	0.75	1.07	70.74	1.63	1.39	1.91	80.2	1.46	1.04	2.07	75.13	1.78	1.03	3.07	75.7
	female	0.91	0.80	1.02	19.62	1.54	1.32	1.80	68.21	1.36	0.89	2.09	77.96	1.63	1.07	2.50	43.73
	male	0.90	0.66	1.22	69.53	1.71	1.41	2.06	65.36	1.41	1.07	1.86	0	1.57	0.70	3.55	66.38
	Degree	0.99	0.80	1.22	51.11	1.47	1.27	1.70	50.22	1.62	0.64	4.12	91.03	1.36	0.79	2.33	39.8
	No degree	0.90	0.76	1.07	57.27	1.66	1.39	1.99	74.77	1.40	1.15	1.72	1.2	2.21	1.05	4.65	74.68
	16-29y	0.76	0.56	1.03	0	1.41	1.15	1.72	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	0.85	0.65	1.12	77.53	1.61	1.17	2.23	91.74	1.31	1.05	1.63	0	1.62	0.68	3.87	87.1
No longer employed	Overall	0.99	0.85	1.16	0	1.45	1.24	1.70	39.21	1.44	0.84	2.49	70.63	1.49	0.93	2.37	0
	female	1.05	0.89	1.24	0	1.32	1.11	1.58	22.6	1.32	0.76	2.30	59.54	1.93	1.14	3.26	0
	male	0.96	0.71	1.30	0	1.61	1.30	2.01	29.27	1.71	0.77	3.79	53.91	1.51	0.74	3.07	0
	Degree	1.17	0.94	1.46	0	1.30	1.08	1.56	14.39	1.54	0.59	4.00	74.01	1.25	0.61	2.58	0
	No degree	0.98	0.81	1.18	0	1.50	1.25	1.80	25.09	1.57	0.89	2.76	54.68	2.45	1.08	5.57	41.89
	16-29y	0.93	0.56	1.53	26.47	1.25	0.92	1.69	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	0.79	1.18	0	1.49	1.21	1.83	45.91	1.28	0.69	2.39	61.19	1.50	0.78	2.89	27.27
Stable unemployed	Overall	1.03	0.79	1.33	28.94	1.30	1.06	1.59	5.00	1.23	0.68	2.25	43.72	2.58	0.82	8.11	77.94
	female	0.90	0.64	1.27	36.82	1.54	1.26	1.88	9.86	1.26	0.77	2.09	0	2.85	0.87	9.37	72.45
	male	1.37	0.91	2.05	35	1.04	0.64	1.69	47.94	1.65	0.99	2.76	0	4.03	1.27	12.83	0
	Degree	1.05	0.74	1.51	0	1.52	0.96	2.40	72.88	1.69	0.70	4.08	48.4	2.18	0.26	18.02	*
	No degree	1.14	0.90	1.44	2.16	1.36	1.03	1.78	27.99	1.66	1.02	2.69	0	3.41	0.84	13.83	78.46
	16-29y	1.25	0.78	2.01	12.63	1.21	0.78	1.86	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	0.72	0.43	1.19	50.84	1.29	1.01	1.66	0.8	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
Furloughed vs. Stable employed

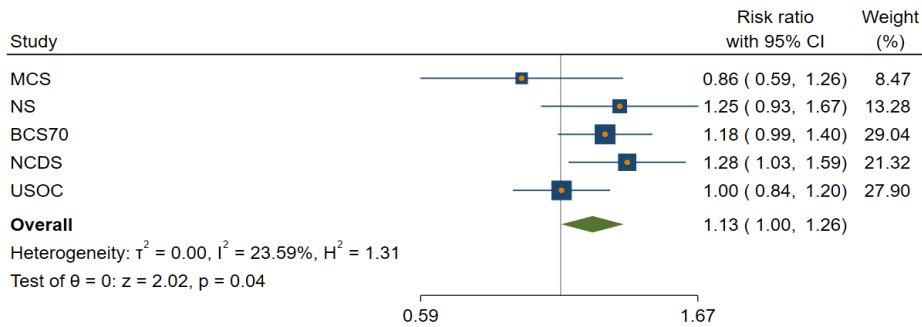
unadjusted



Random-effects REML model

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

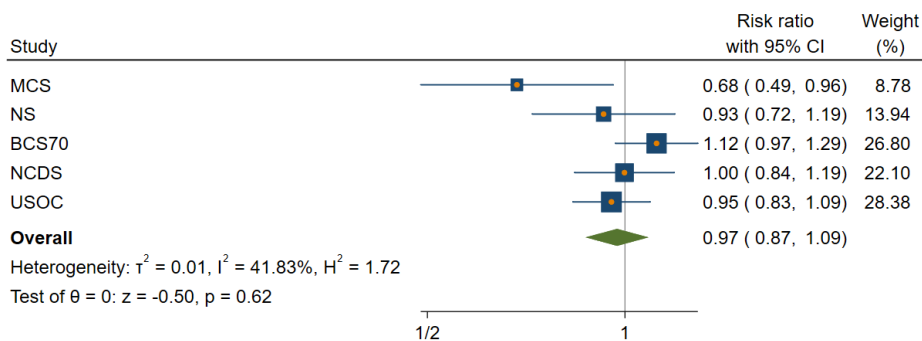
basic adjustment



Random-effects REML model

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

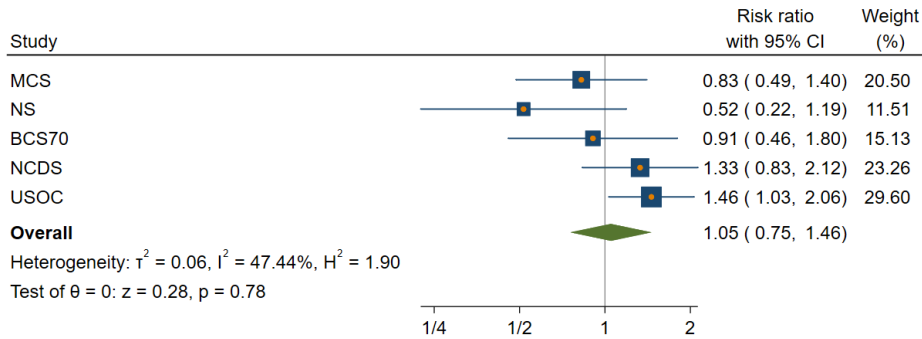
full adjustment



Random-effects REML model

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

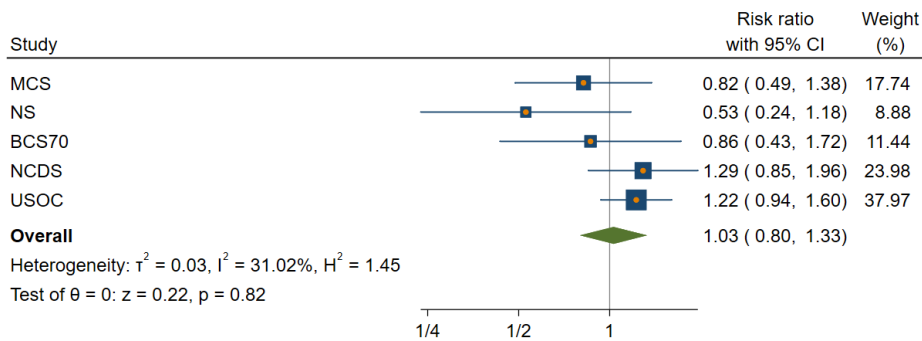
unadjusted



Random-effects REML model

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

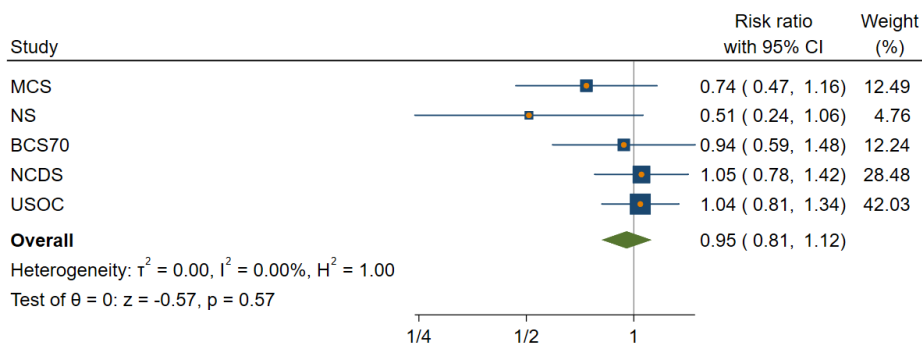
basic adjustment



Random-effects REML model

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

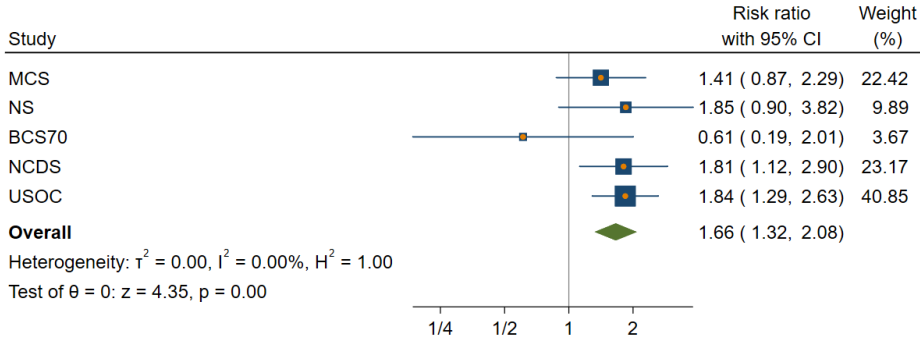
full adjustment



Random-effects REML model

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

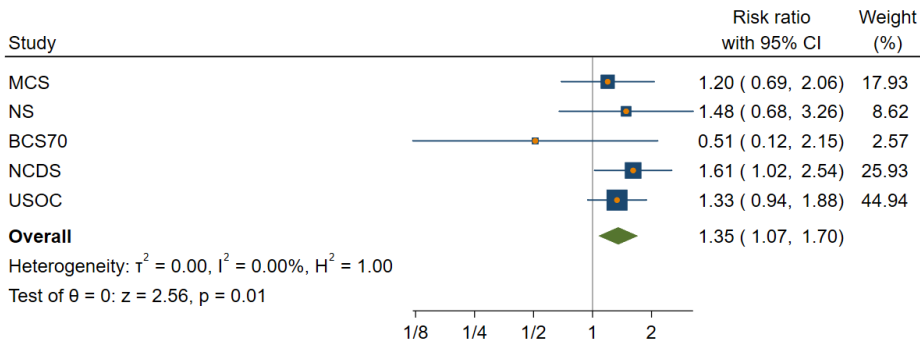
unadjusted



Random-effects REML model

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

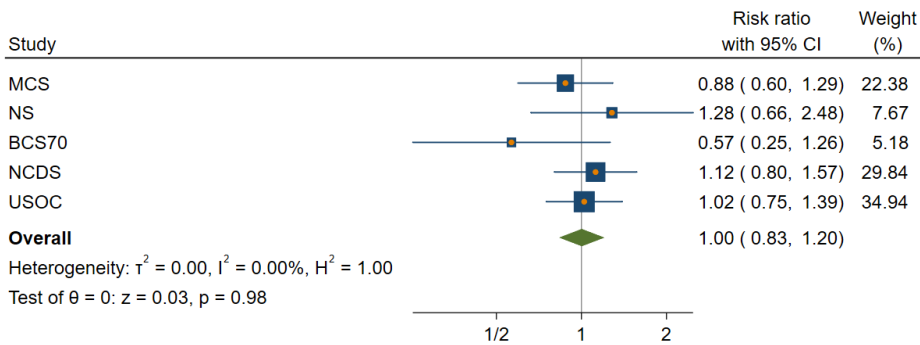
basic adjustment



Random-effects REML model

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

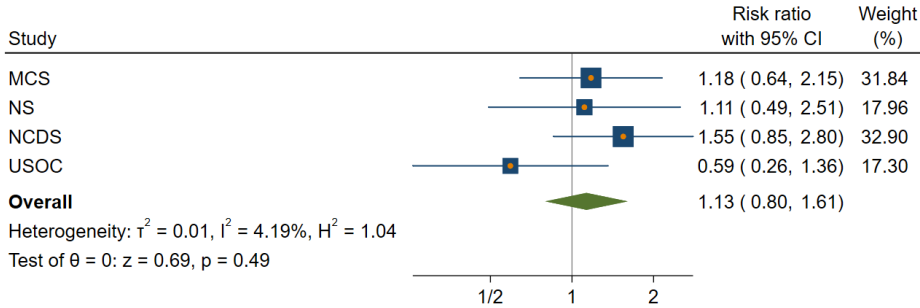
full adjustment



Random-effects REML model

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

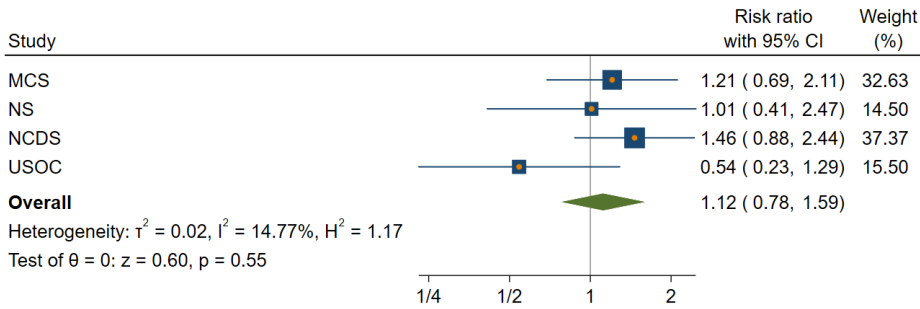
unadjusted



Random-effects REML model

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

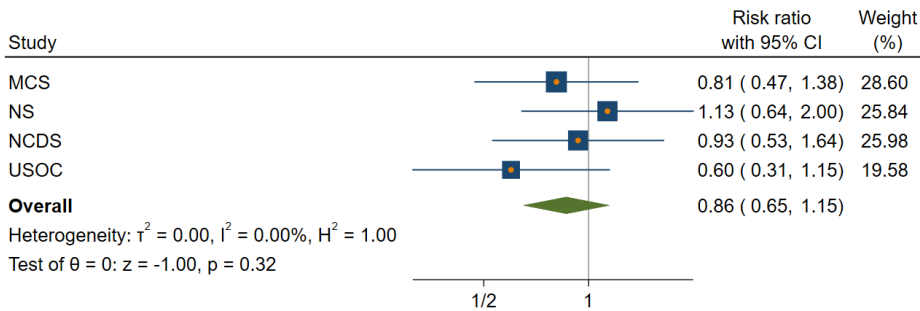
basic adjustment



Random-effects REML model

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

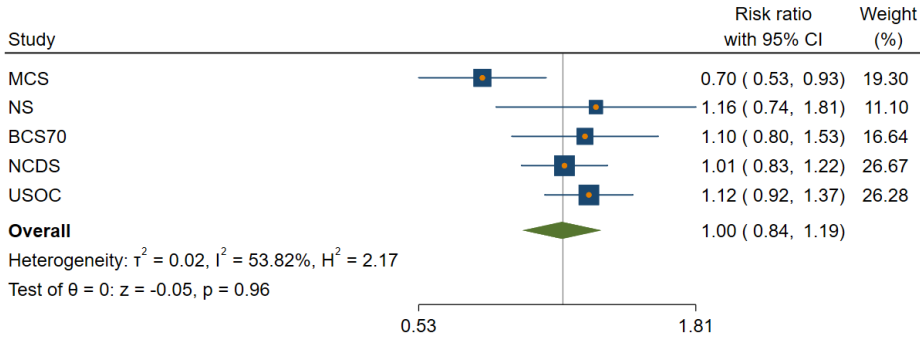
full adjustment



Random-effects REML model

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

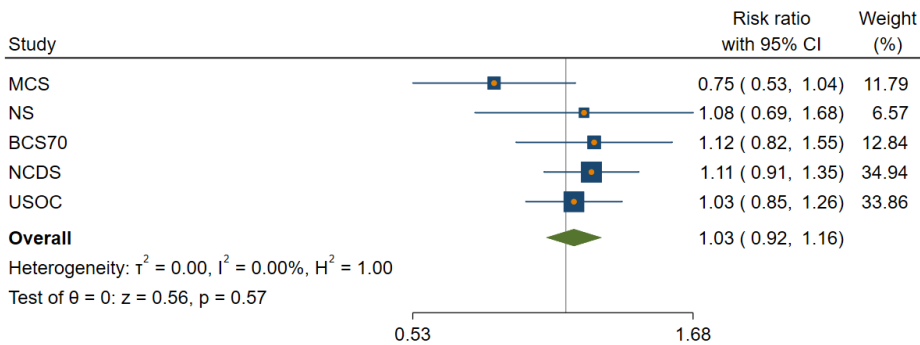
unadjusted



Random-effects REML model

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

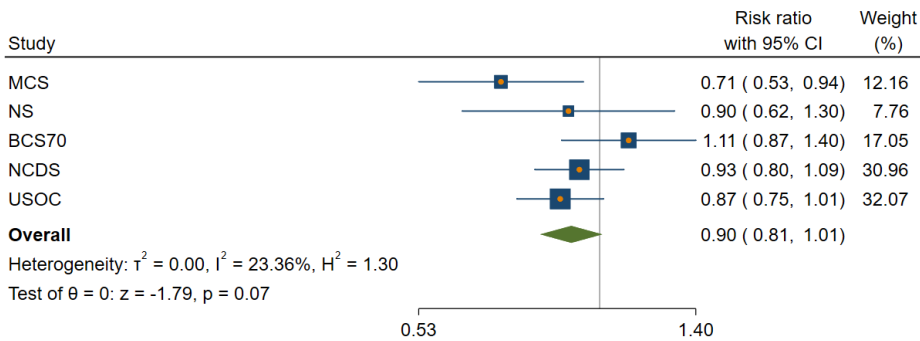
basic adjustment



Random-effects REML model

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

full adjustment

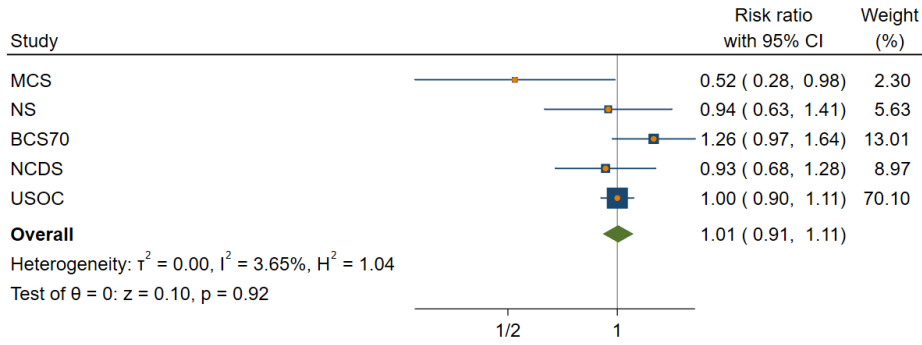


Random-effects REML model

Figure set 2: Fewer fruit and vegetables

Fewer fruit and veg
Furloughed vs. Stable employed

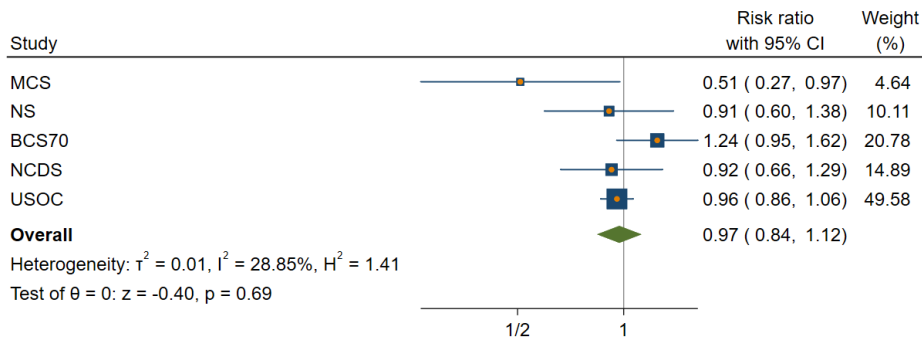
unadjusted



Random-effects REML model

Fewer fruit and veg
Furloughed vs. Stable employed

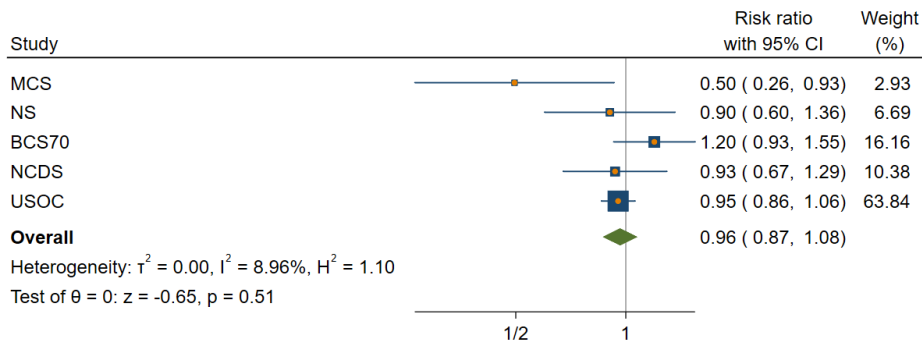
basic adjustment



Random-effects REML model

Fewer fruit and veg
Furloughed vs. Stable employed

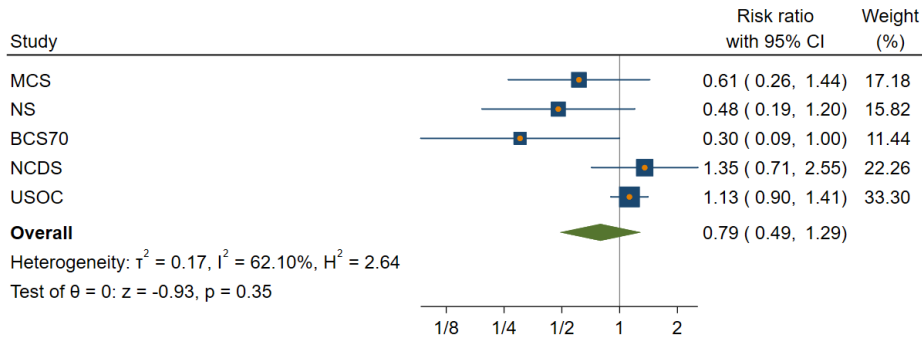
full adjustment



Random-effects REML model

Fewer fruit and veg
No longer employed vs. Stable employed

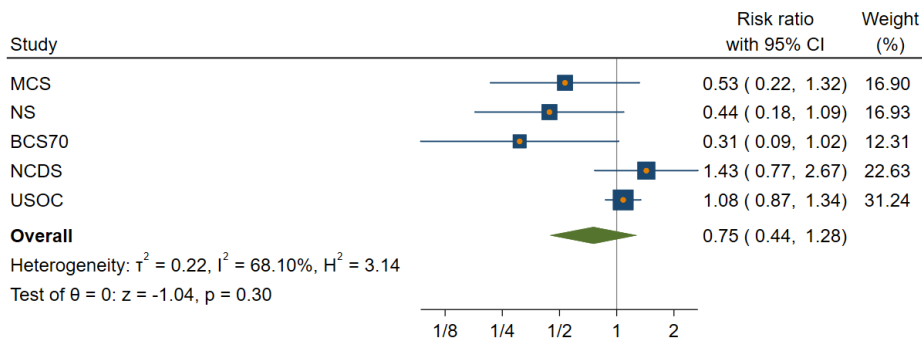
unadjusted



Random-effects REML model

Fewer fruit and veg
No longer employed vs. Stable employed

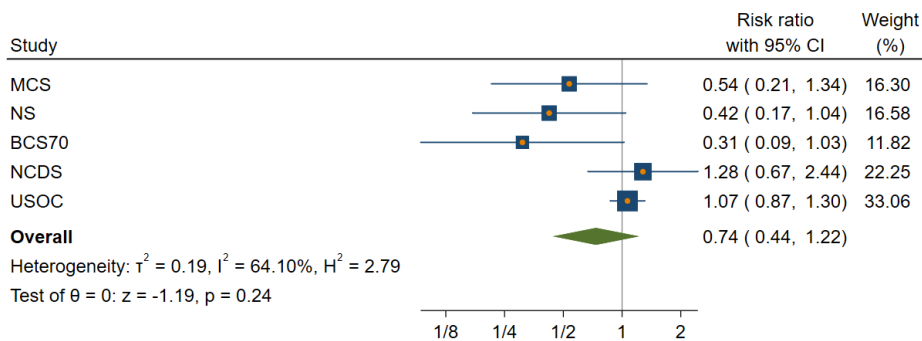
basic adjustment



Random-effects REML model

Fewer fruit and veg
No longer employed vs. Stable employed

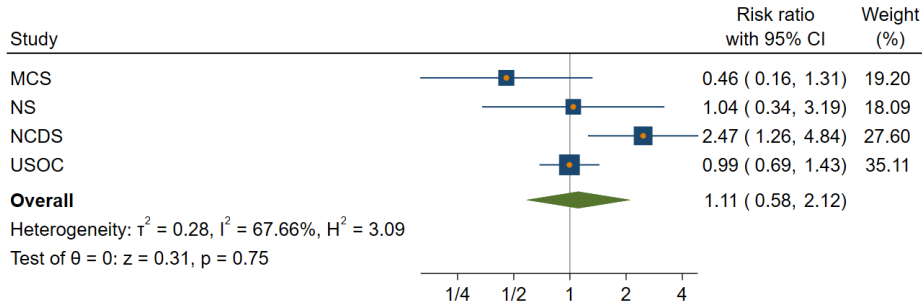
full adjustment



Random-effects REML model

Fewer fruit and veg
Stable unemployed vs. Stable employed

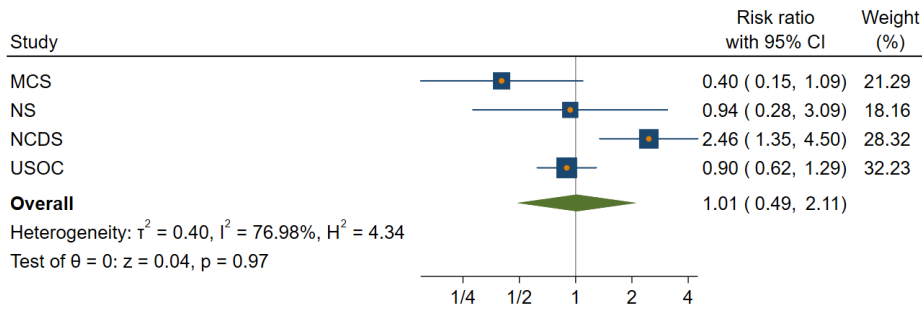
unadjusted



Random-effects REML model

Fewer fruit and veg
Stable unemployed vs. Stable employed

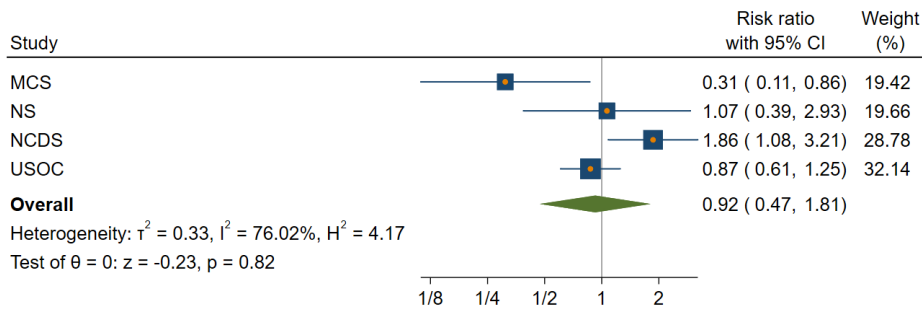
basic adjustment



Random-effects REML model

Fewer fruit and veg
Stable unemployed vs. Stable employed

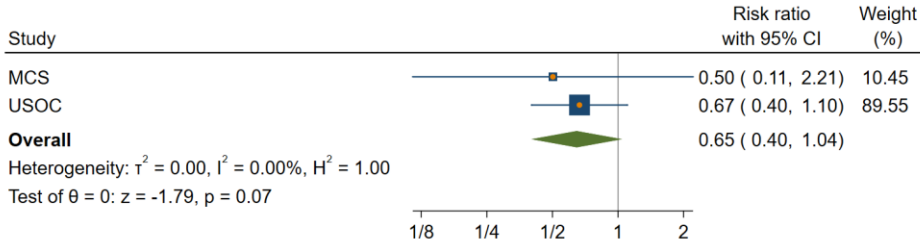
full adjustment



Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed

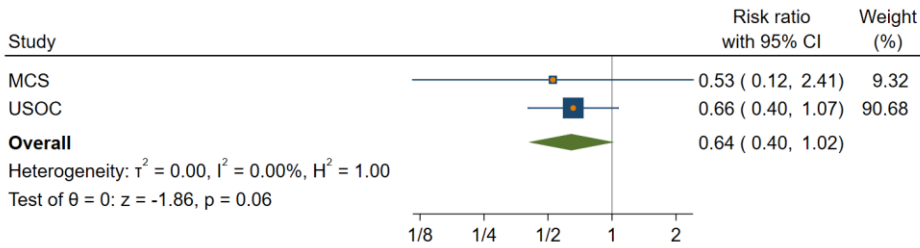
unadjusted



Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed

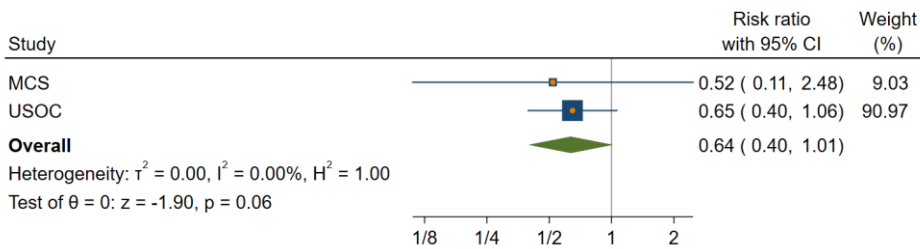
basic adjustment



Random-effects REML model

Fewer fruit and veg
Became employed vs. Stable employed

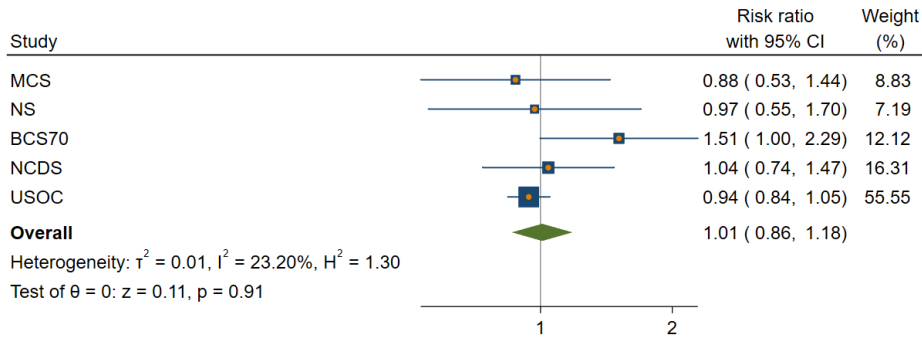
full adjustment



Random-effects REML model

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

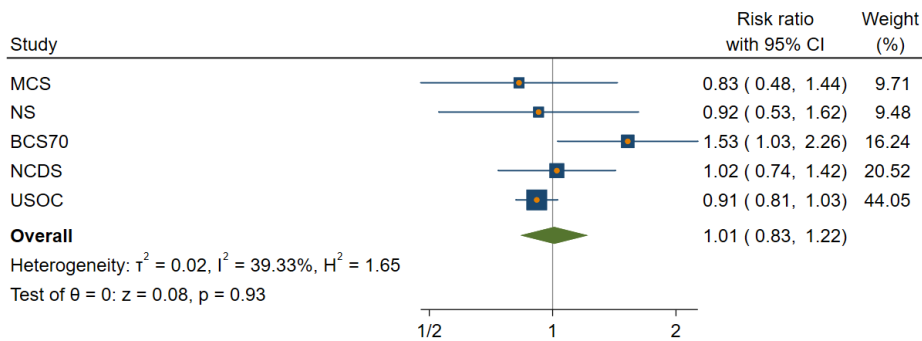
unadjusted



Random-effects REML model

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

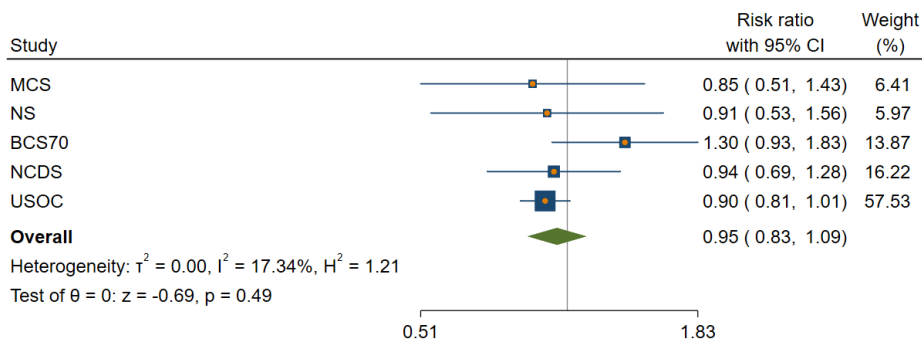
basic adjustment



Random-effects REML model

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

full adjustment

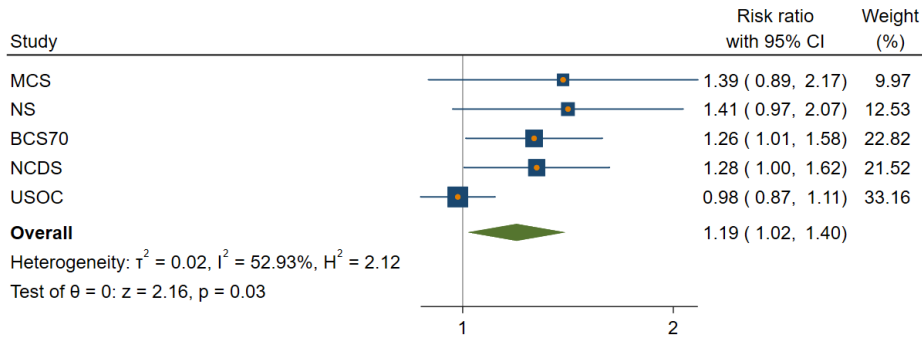


Random-effects REML model

Figure set 3: More fruit and vegetables

More fruit and veg
Furloughed vs. Stable employed

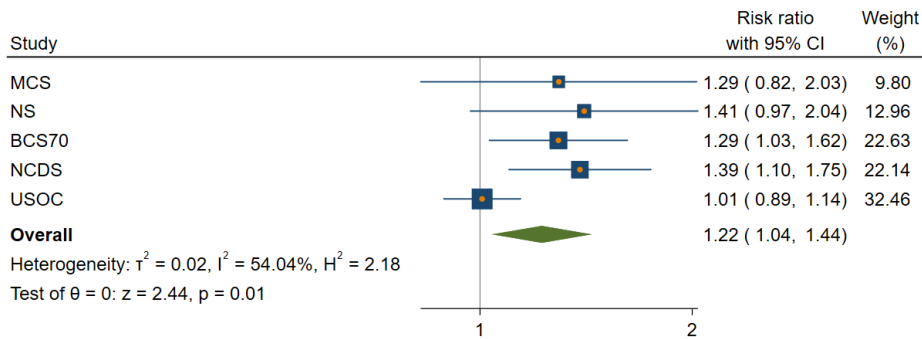
unadjusted



Random-effects REML model

More fruit and veg
Furloughed vs. Stable employed

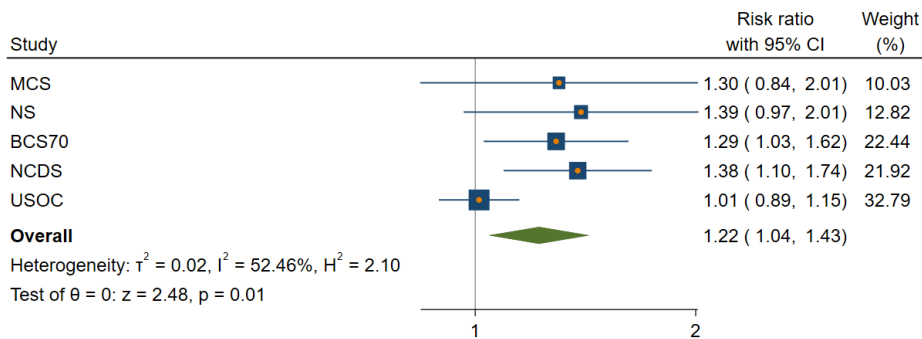
basic adjustment



Random-effects REML model

More fruit and veg
Furloughed vs. Stable employed

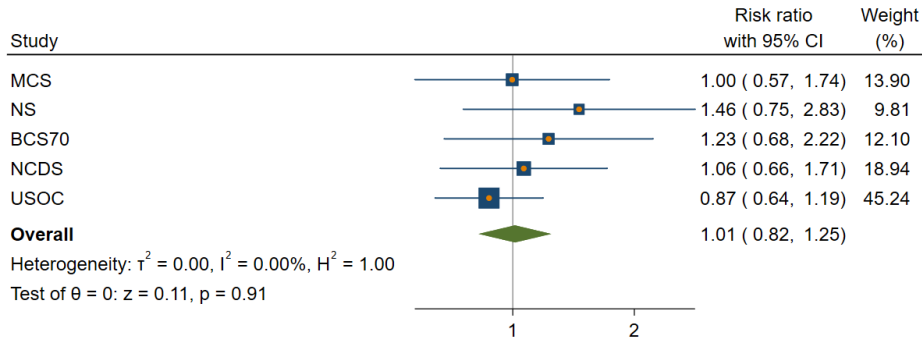
full adjustment



Random-effects REML model

More fruit and veg
No longer employed vs. Stable employed

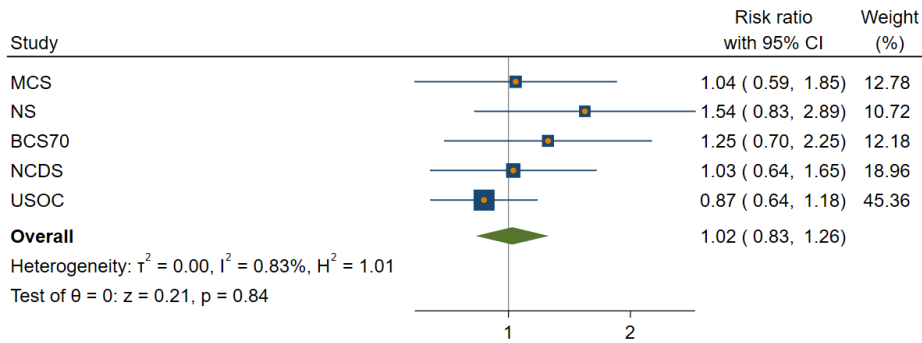
unadjusted



Random-effects REML model

More fruit and veg
No longer employed vs. Stable employed

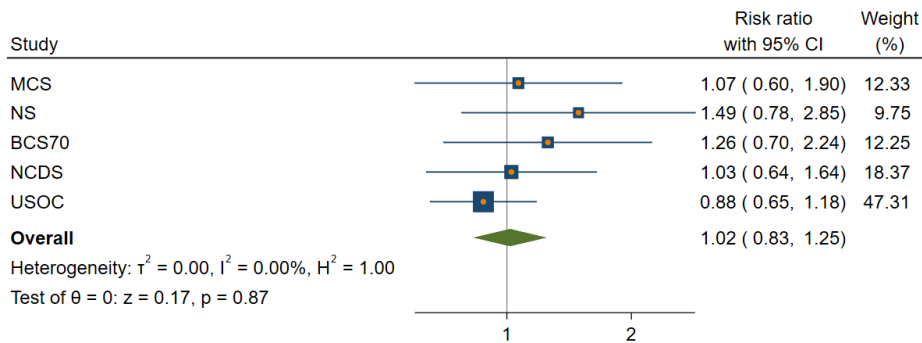
basic adjustment



Random-effects REML model

More fruit and veg
No longer employed vs. Stable employed

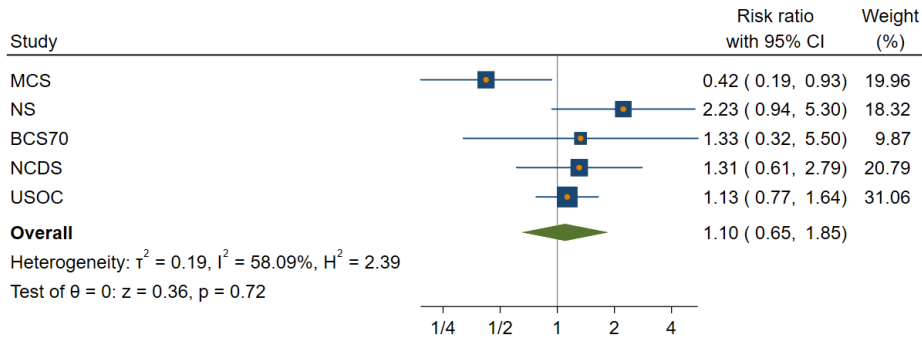
full adjustment



Random-effects REML model

More fruit and veg
Stable unemployed vs. Stable employed

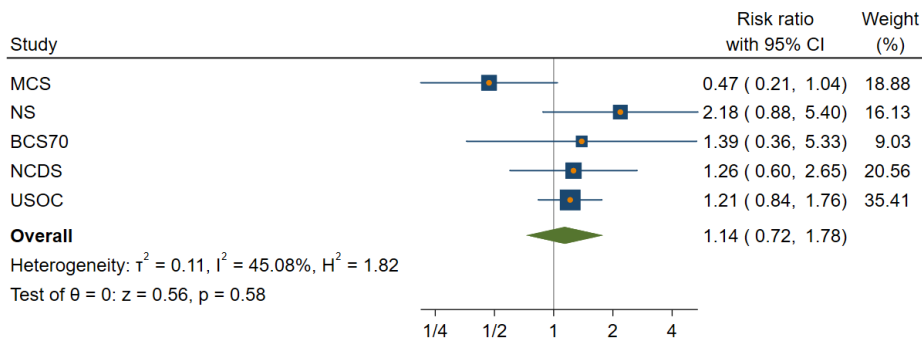
unadjusted



Random-effects REML model

More fruit and veg
Stable unemployed vs. Stable employed

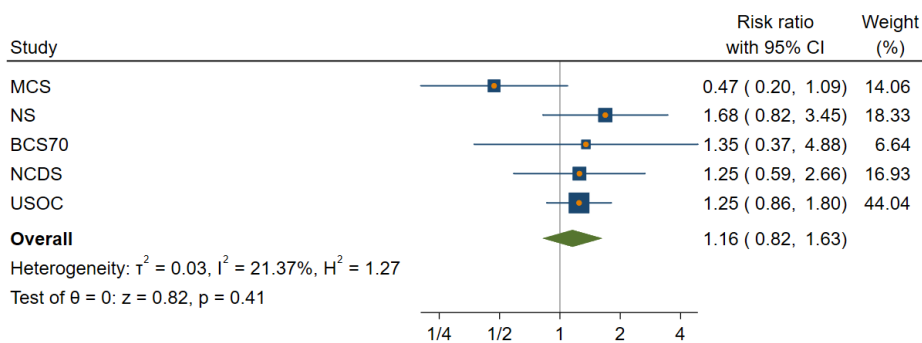
basic adjustment



Random-effects REML model

More fruit and veg
Stable unemployed vs. Stable employed

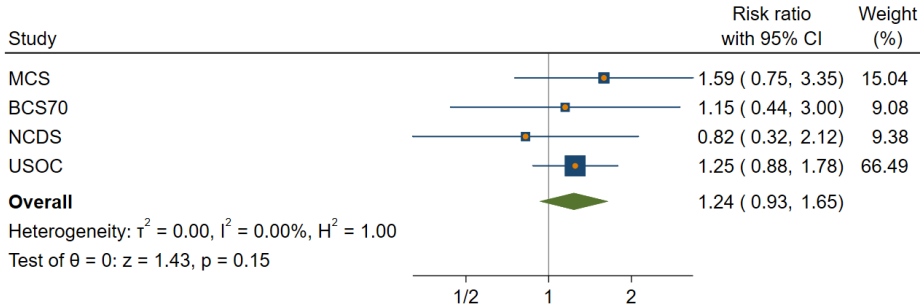
full adjustment



Random-effects REML model

More fruit and veg
Became employed vs. Stable employed

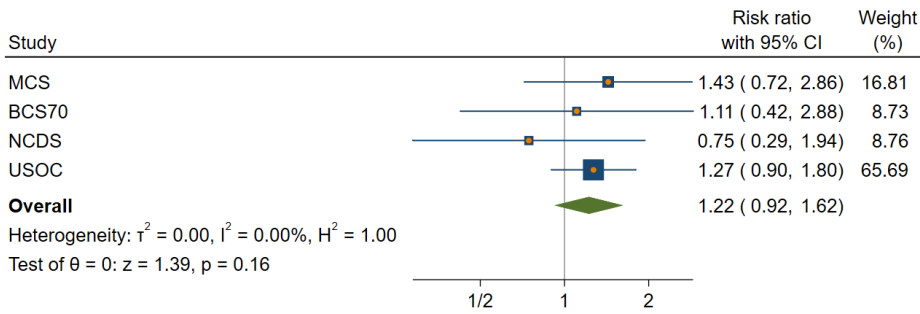
unadjusted



Random-effects REML model

More fruit and veg
Became employed vs. Stable employed

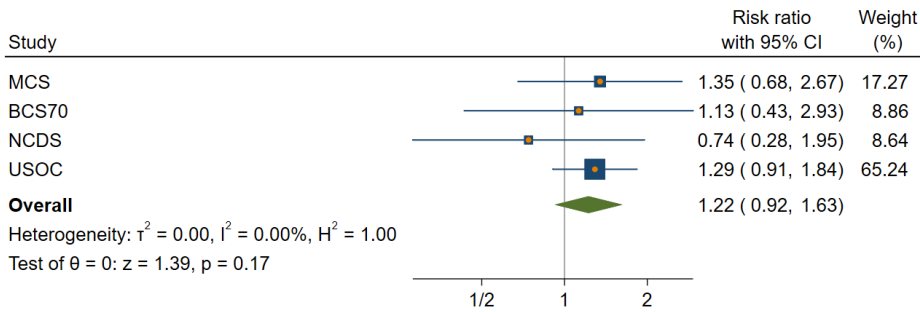
basic adjustment



Random-effects REML model

More fruit and veg
Became employed vs. Stable employed

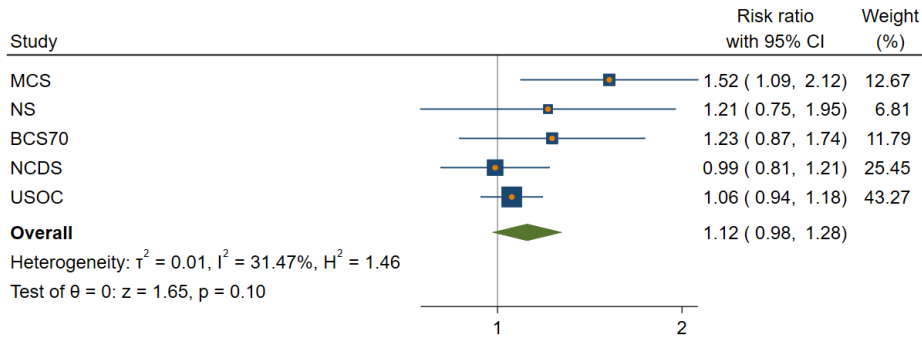
full adjustment



Random-effects REML model

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

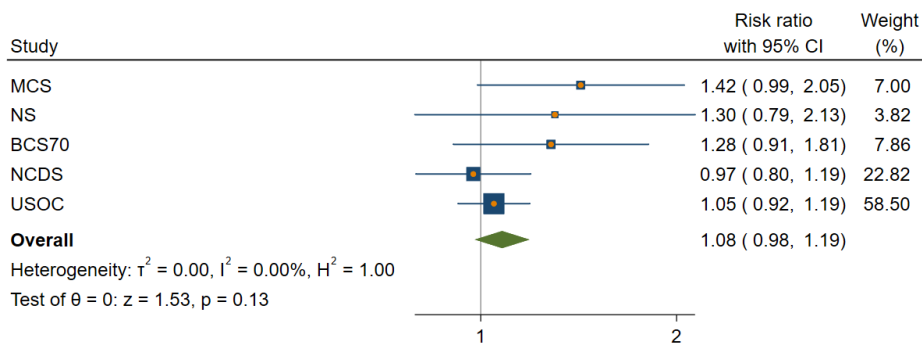
unadjusted



Random-effects REML model

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

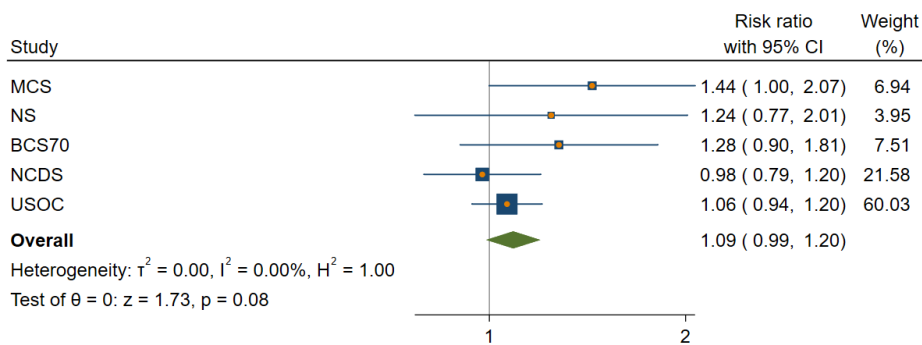
basic adjustment



Random-effects REML model

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

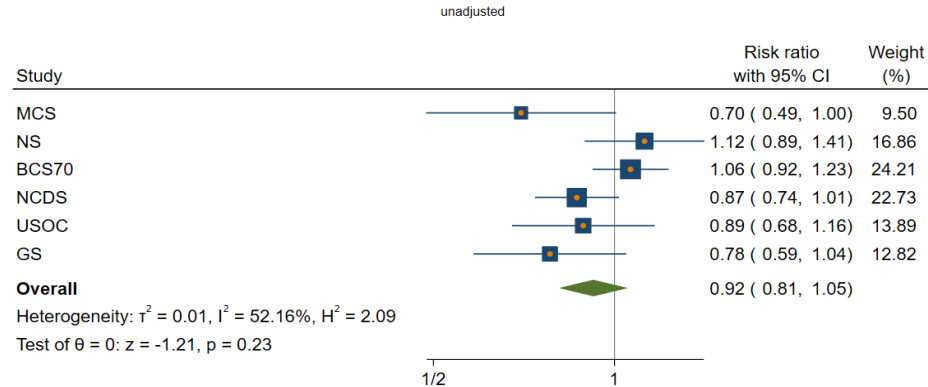
full adjustment



Random-effects REML model

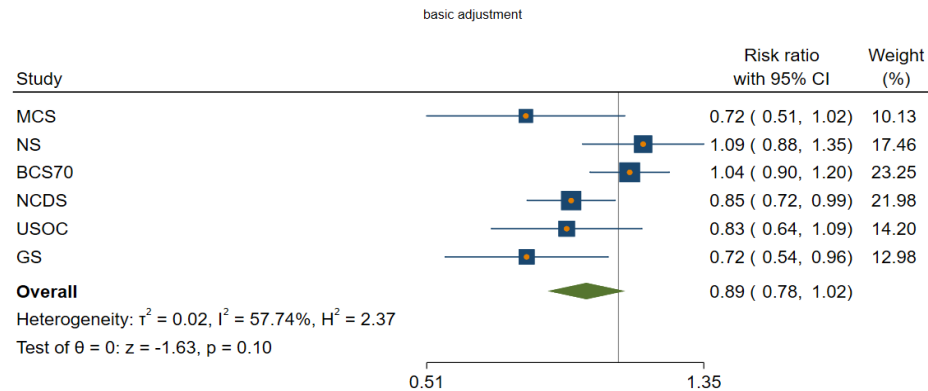
Figure set 4: Less than 3 days a week of at least 30 min exercise

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



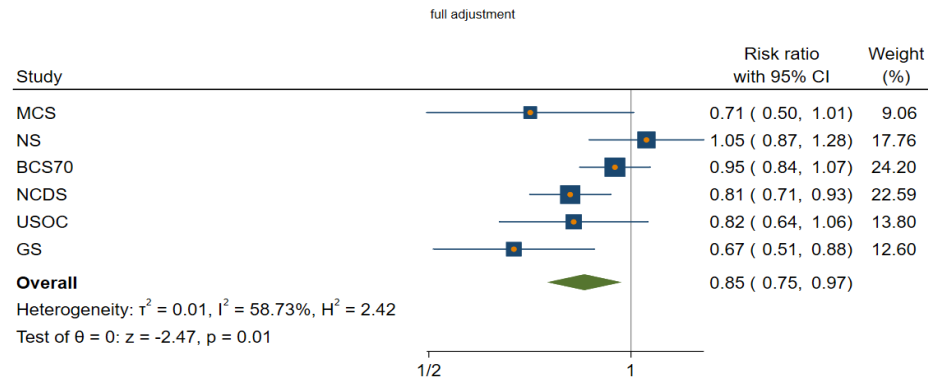
Random-effects REML model

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



Random-effects REML model

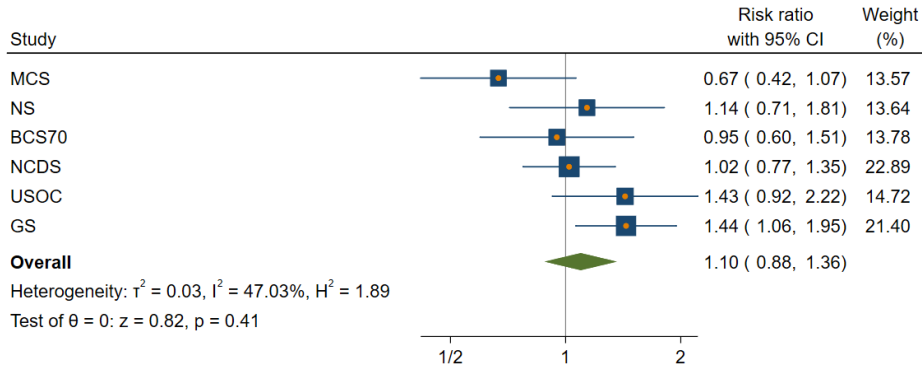
Less than 3 days a week of at least 30min exercise
Furloughed vs. Stable employed



Random-effects REML model

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

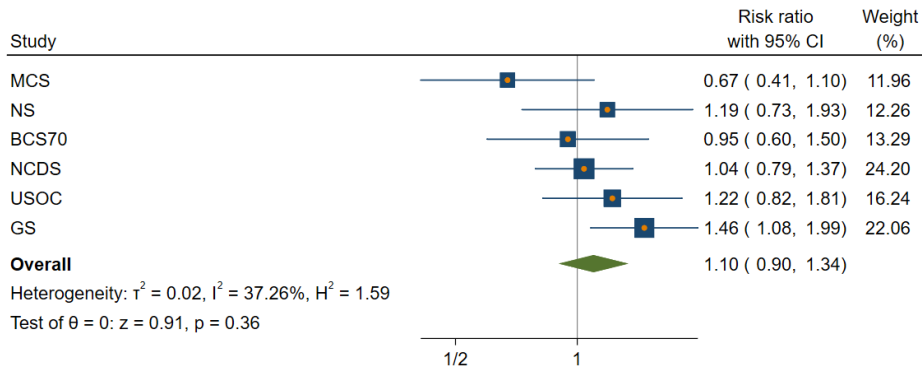
unadjusted



Random-effects REML model

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

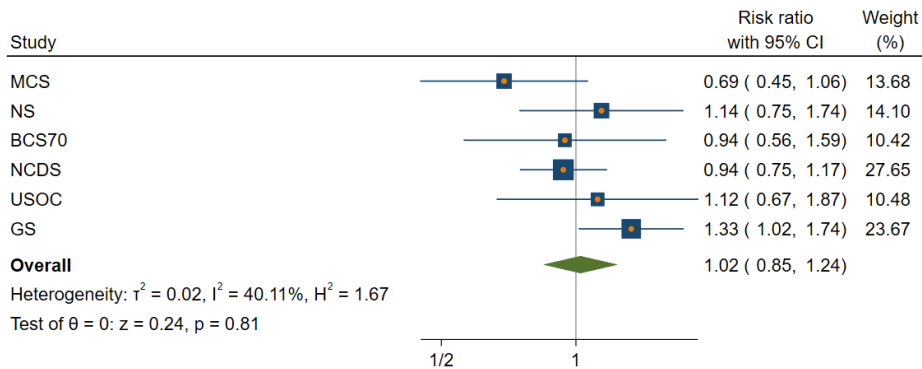
basic adjustment



Random-effects REML model

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

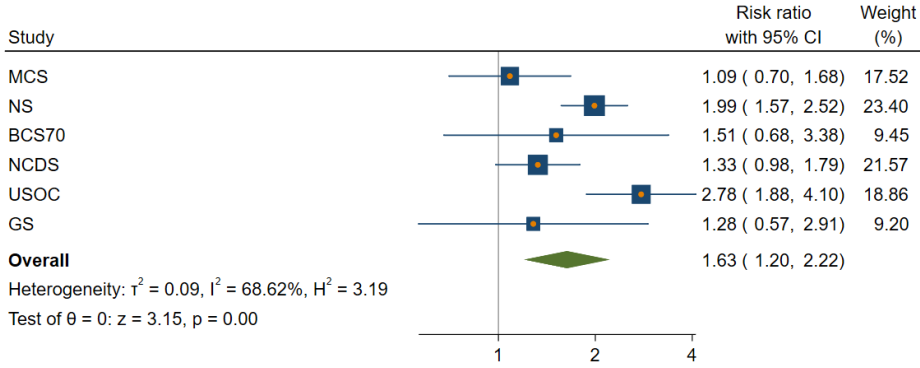
full adjustment



Random-effects REML model

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

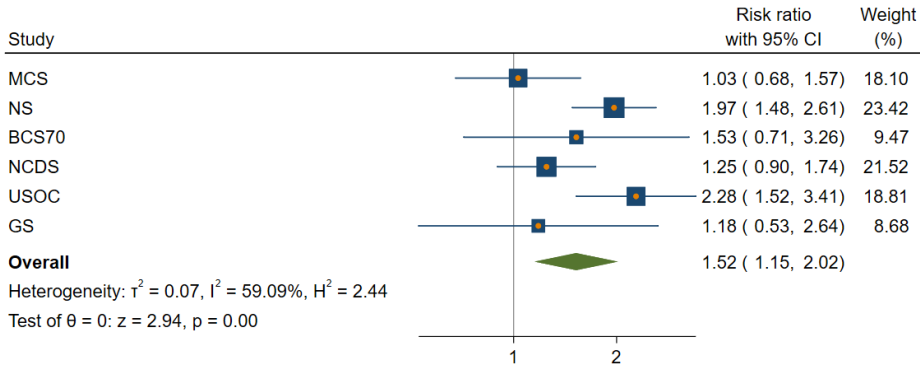
unadjusted



Random-effects REML model

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

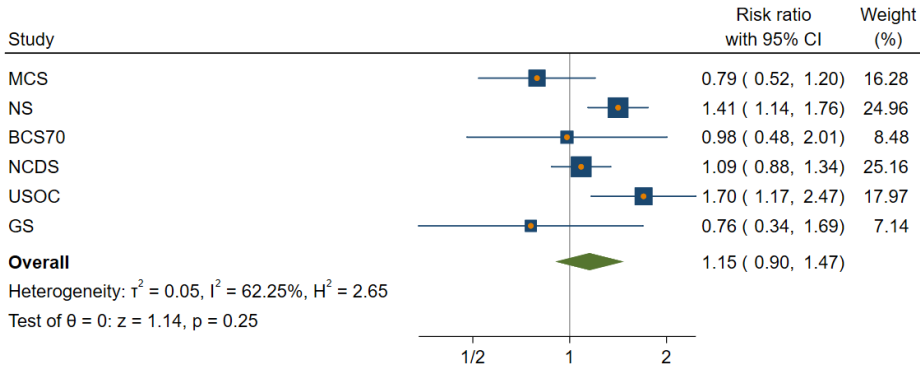
basic adjustment



Random-effects REML model

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

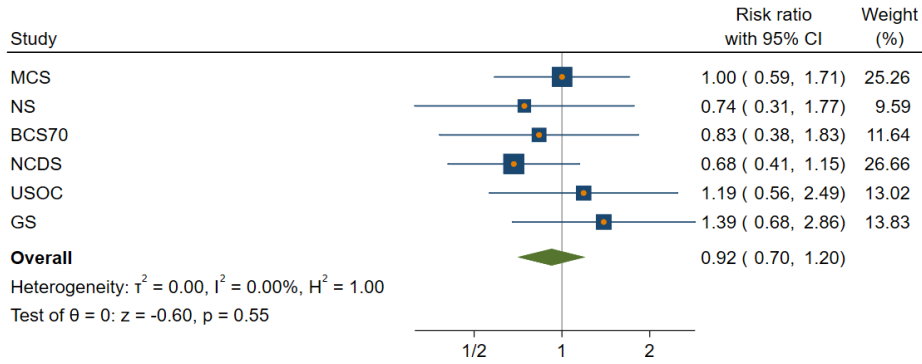
full adjustment



Random-effects REML model

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

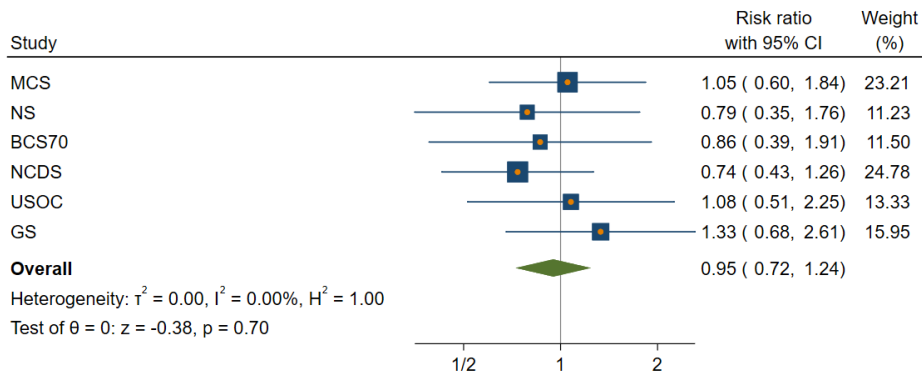
unadjusted



Random-effects REML model

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

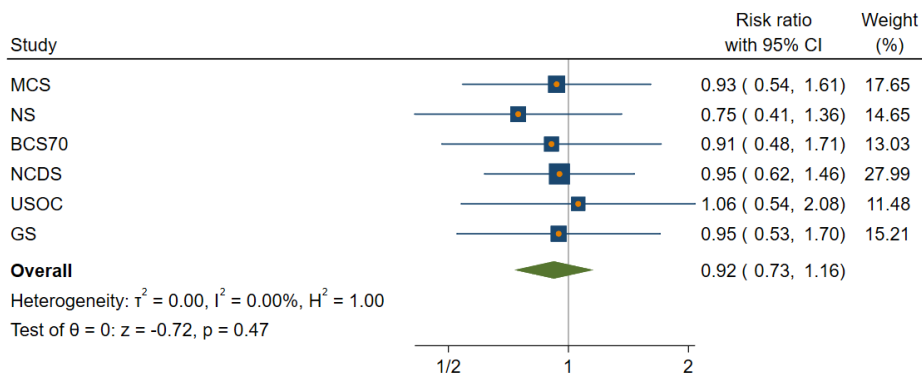
basic adjustment



Random-effects REML model

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

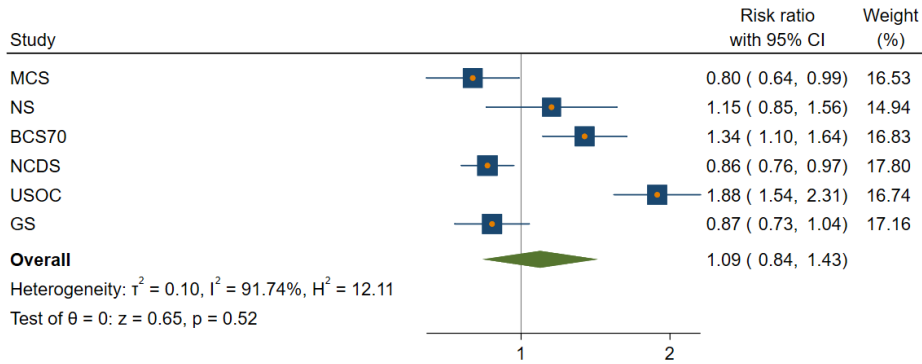
full adjustment



Random-effects REML model

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

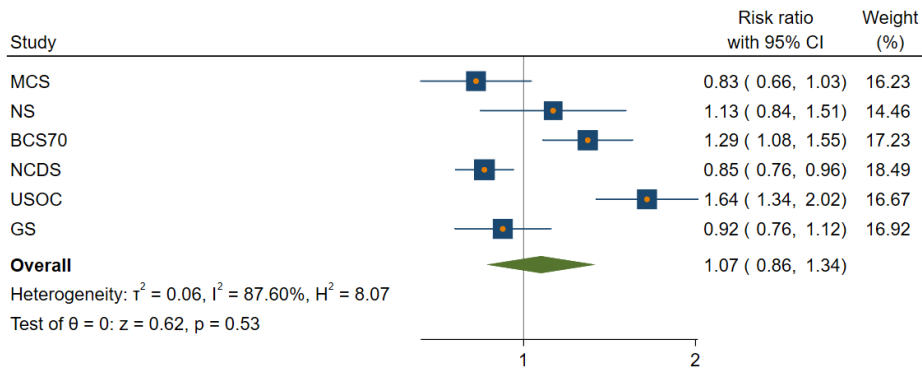
unadjusted



Random-effects REML model

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

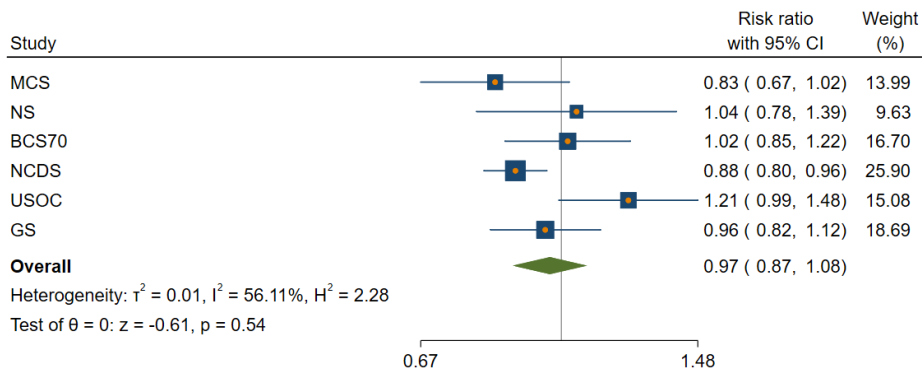
basic adjustment



Random-effects REML model

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

full adjustment



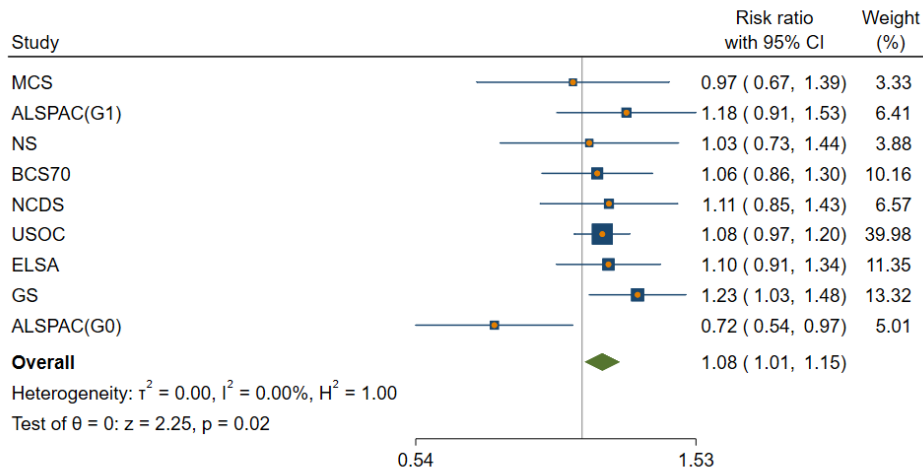
Random-effects REML model

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

Commented [MJ1]:

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

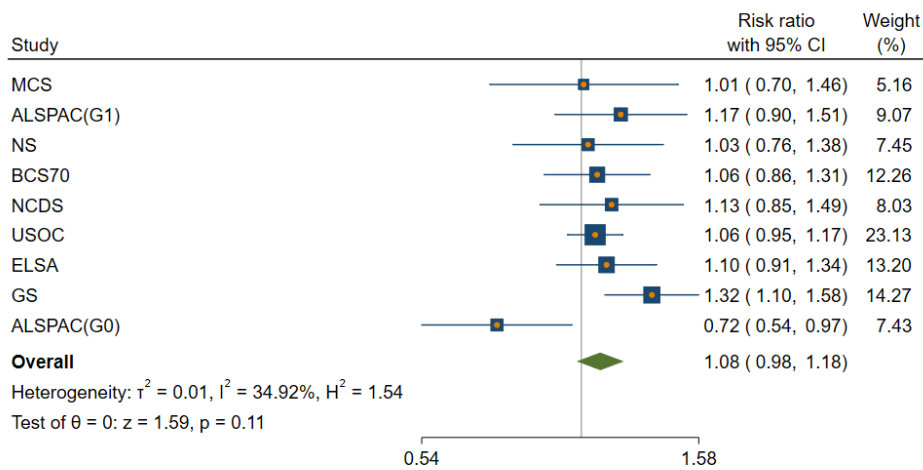
unadjusted



Random-effects REML model

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

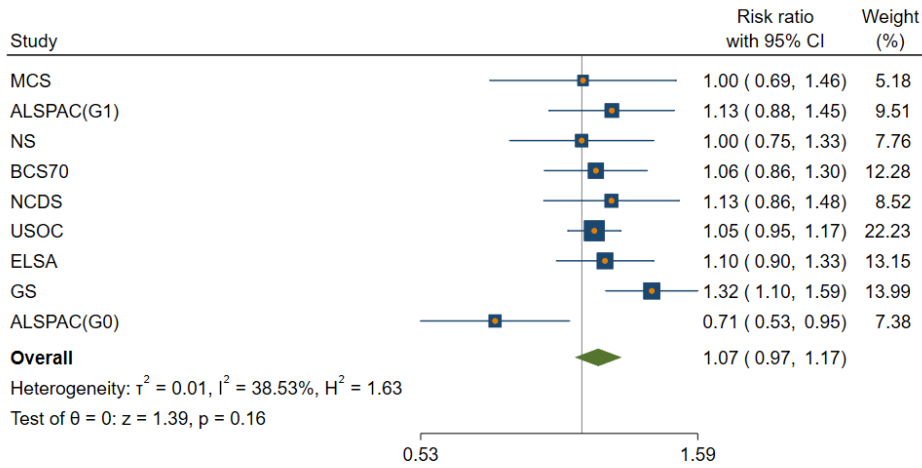
basic adjustment



Random-effects REML model

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

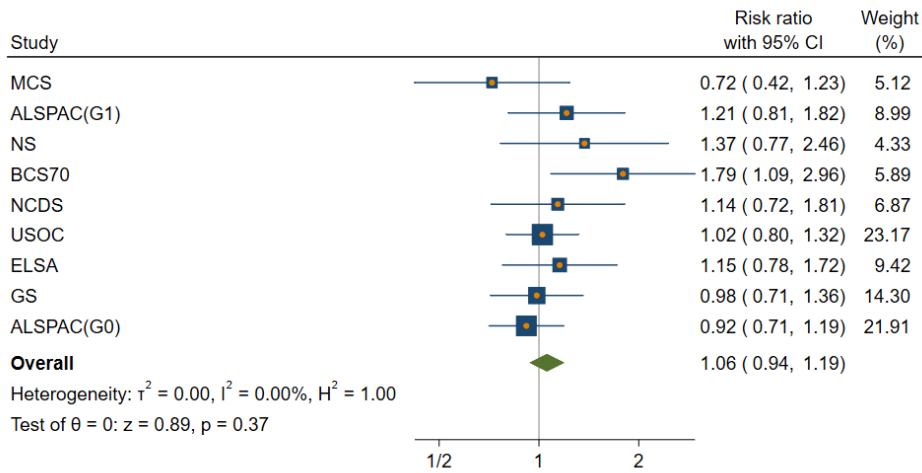
full adjustment



Random-effects REML model

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

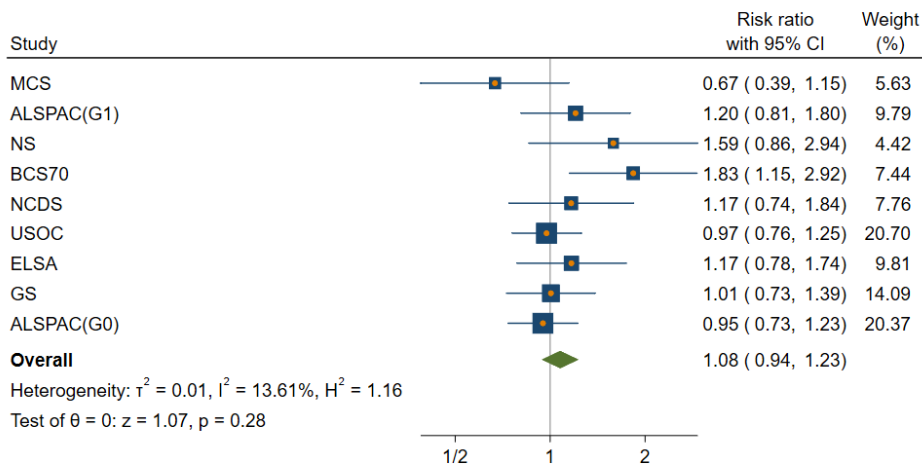
unadjusted



Random-effects REML model

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

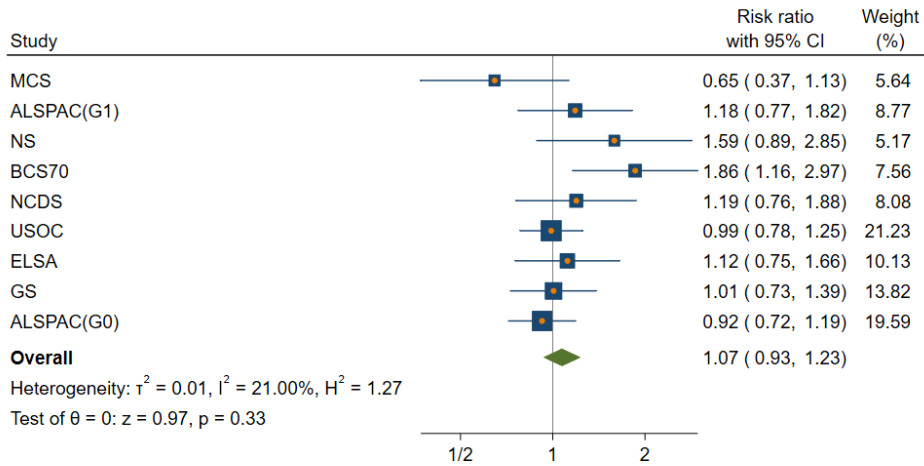
basic adjustment



Random-effects REML model

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

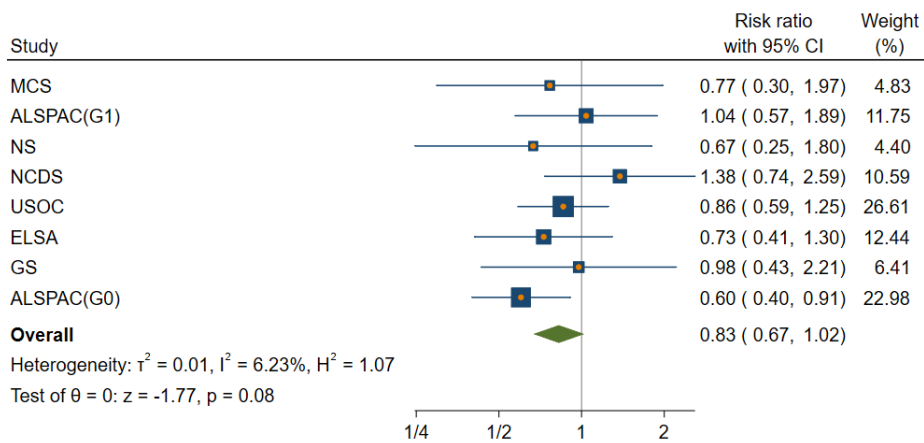
full adjustment



Random-effects REML model

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

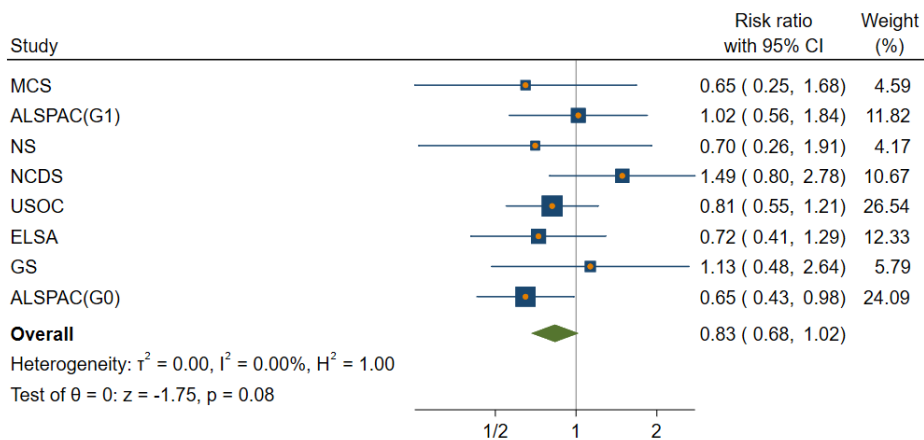
unadjusted



Random-effects REML model

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

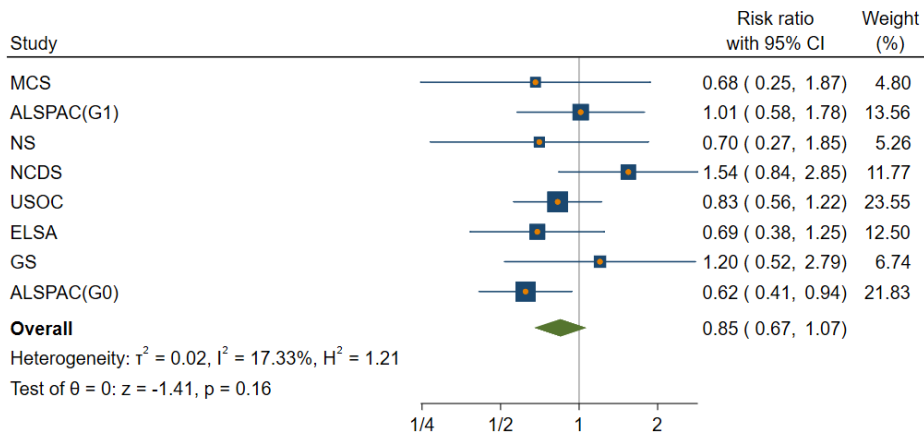
basic adjustment



Random-effects REML model

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

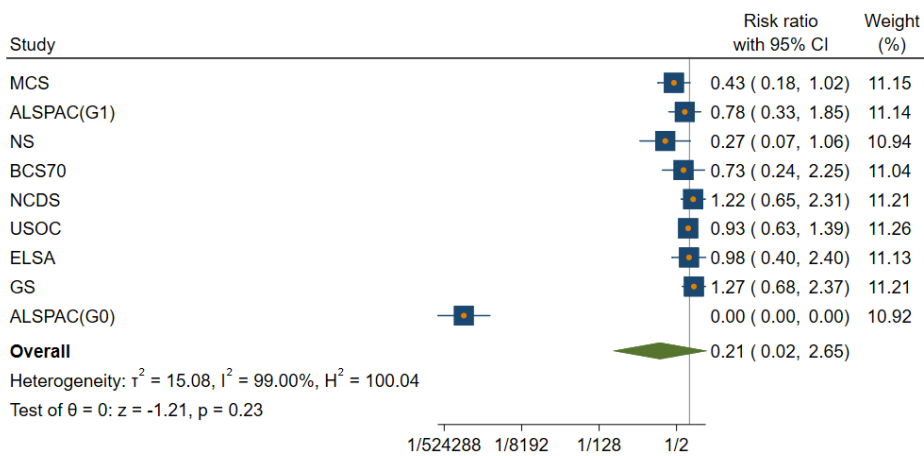
full adjustment



Random-effects REML model

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

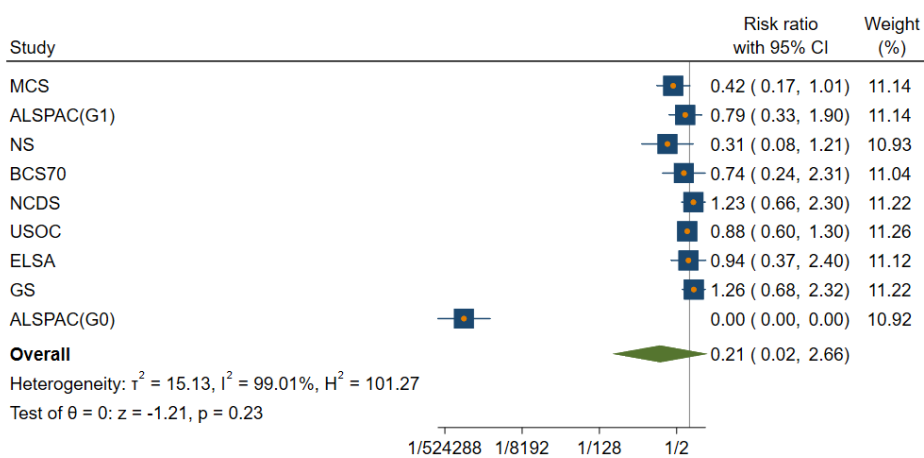
unadjusted



Random-effects REML model

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

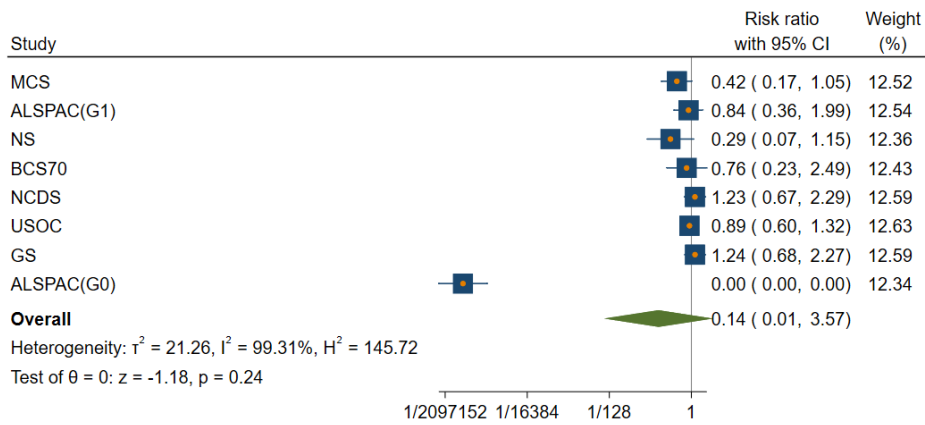
basic adjustment



Random-effects REML model

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

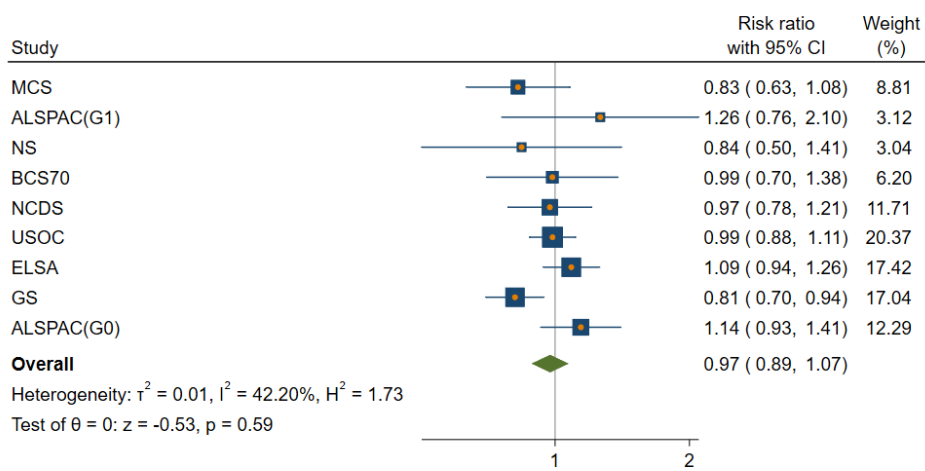
full adjustment



Random-effects REML model

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

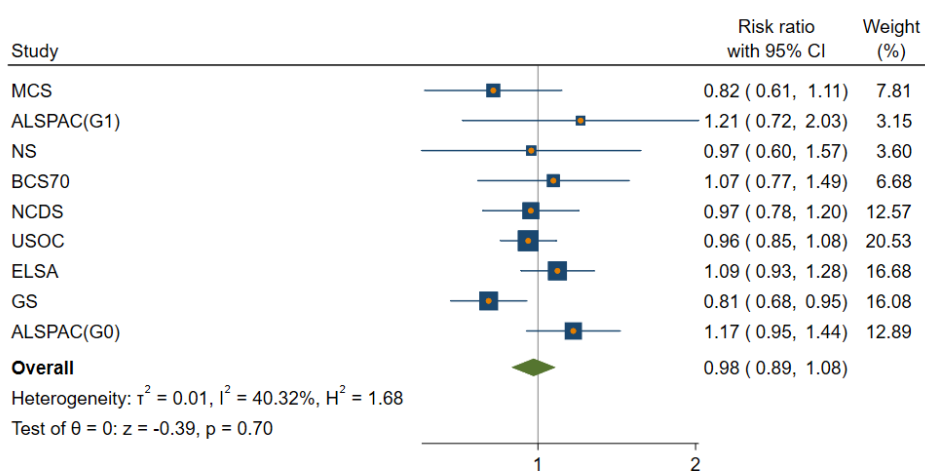
unadjusted



Random-effects REML model

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

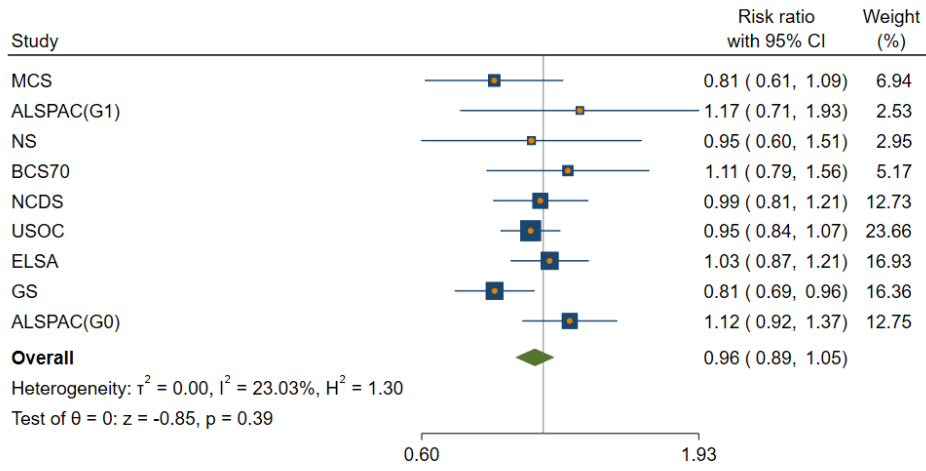
basic adjustment



Random-effects REML model

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

full adjustment



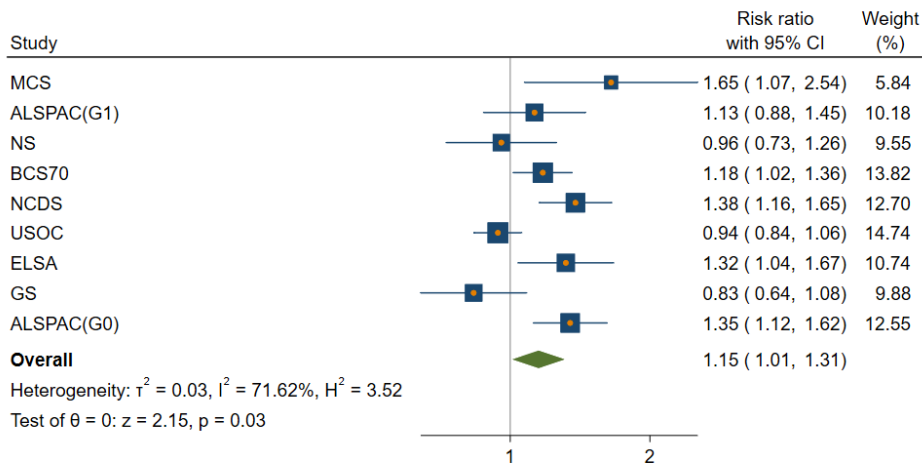
Random-effects REML model

Figure set 6: More time/days of physical exercise

Commented [MJ2]:

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

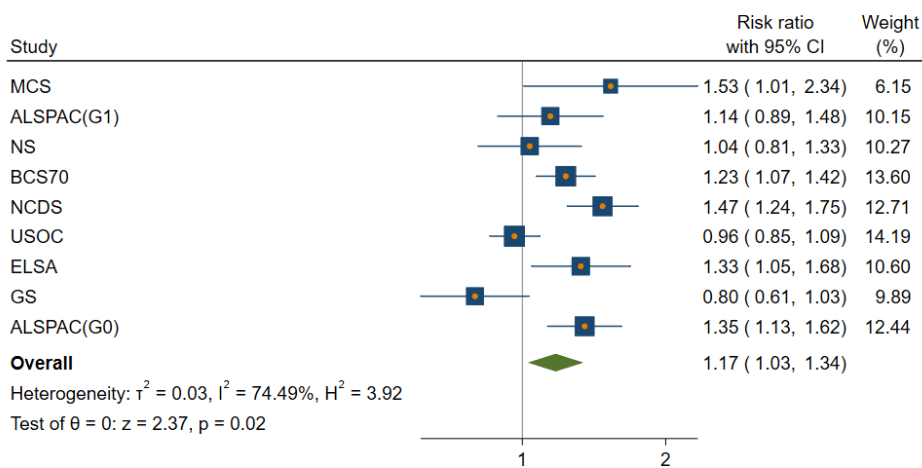
unadjusted



Random-effects REML model

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

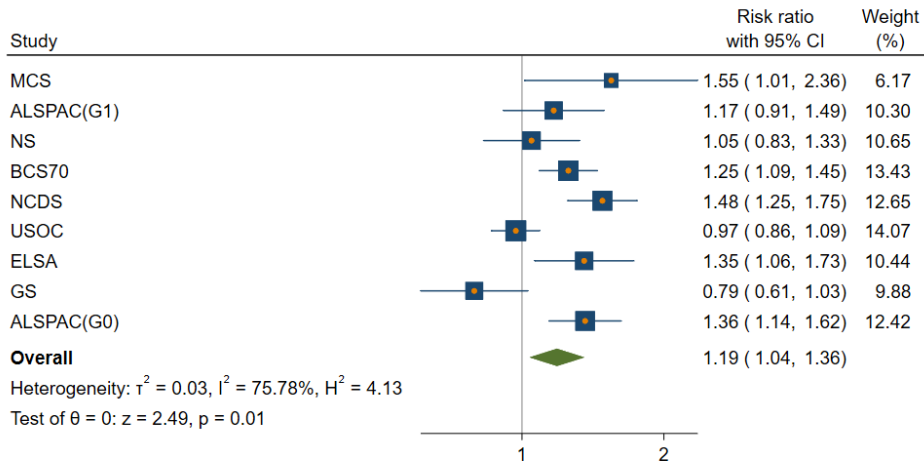
basic adjustment



Random-effects REML model

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

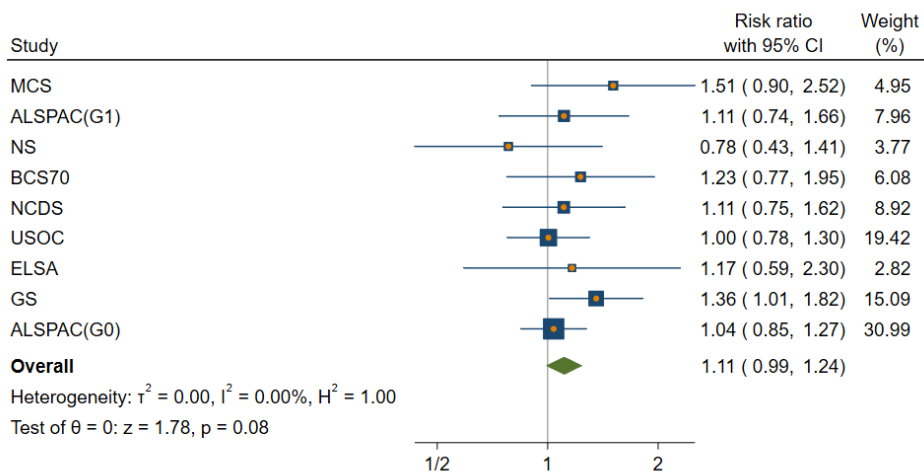
full adjustment



Random-effects REML model

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

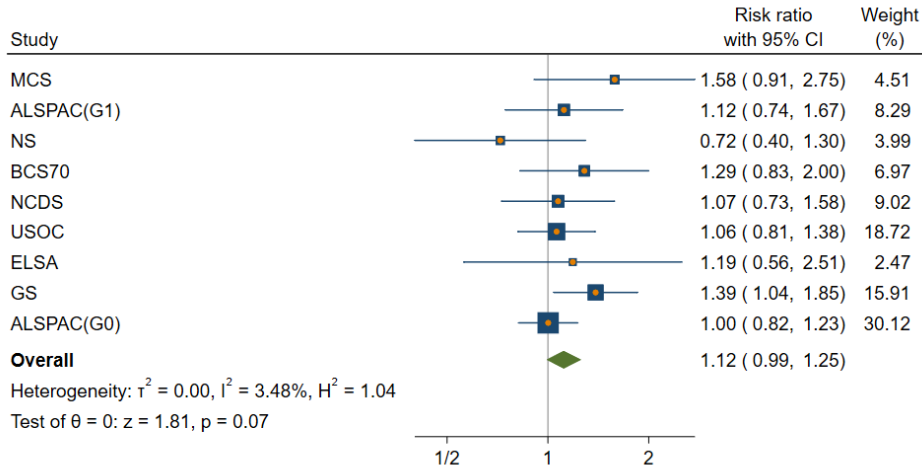
unadjusted



Random-effects REML model

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

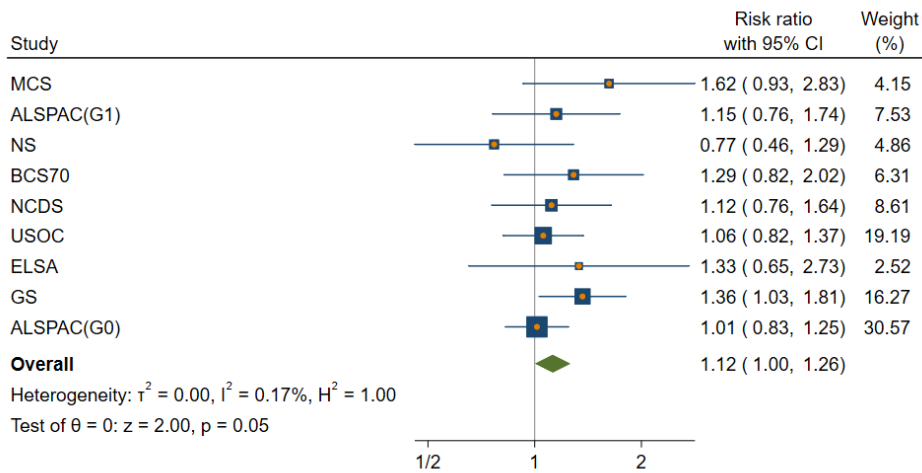
basic adjustment



Random-effects REML model

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

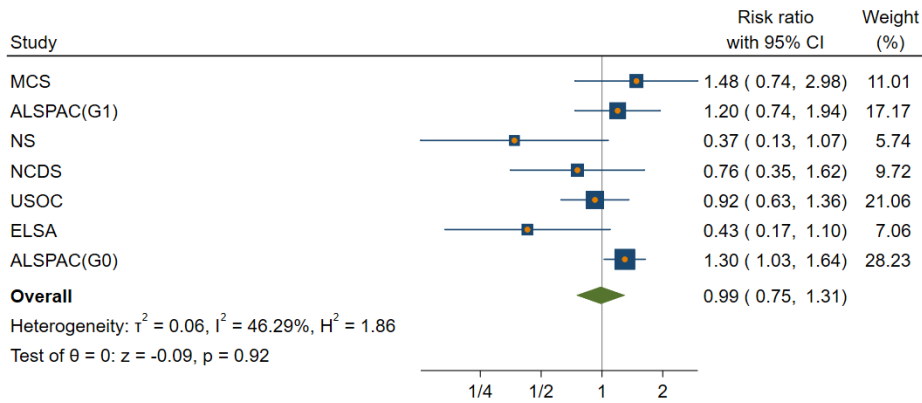
full adjustment



Random-effects REML model

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

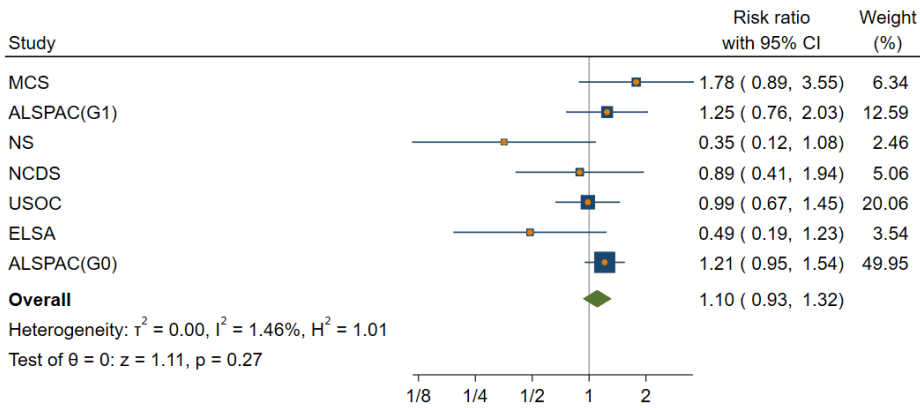
unadjusted



Random-effects REML model

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

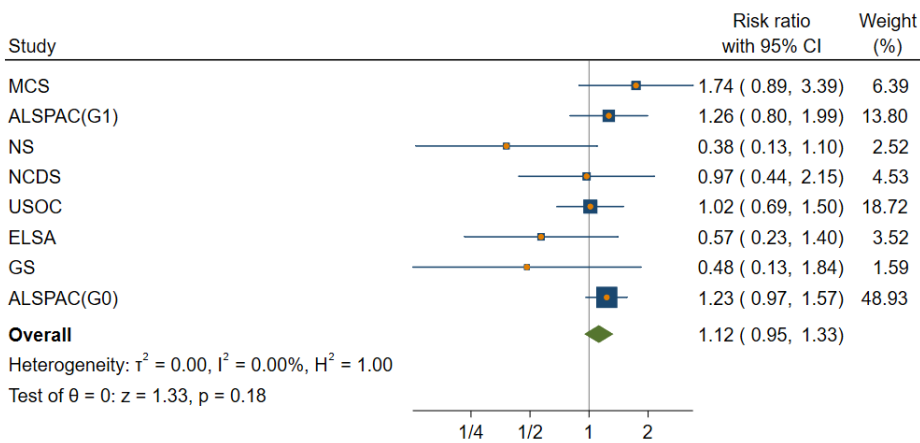
basic adjustment



Random-effects REML model

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

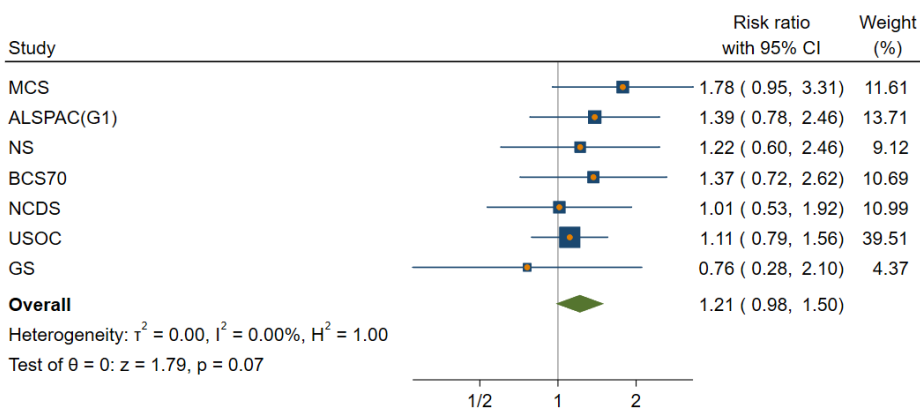
full adjustment



Random-effects REML model

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

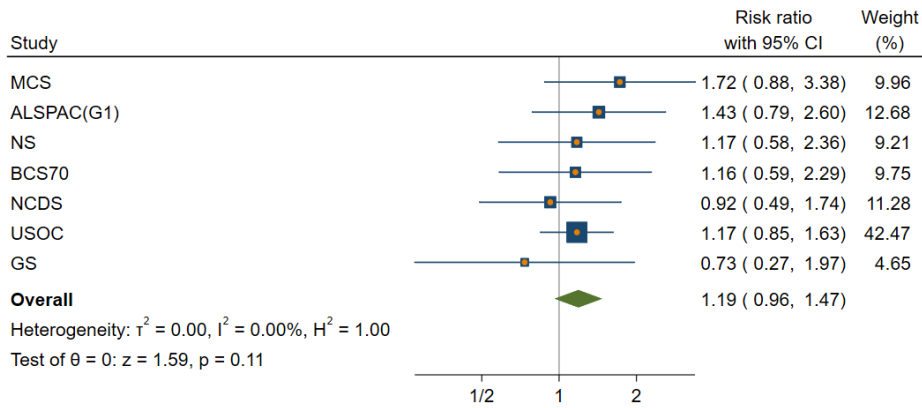
unadjusted



Random-effects REML model

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

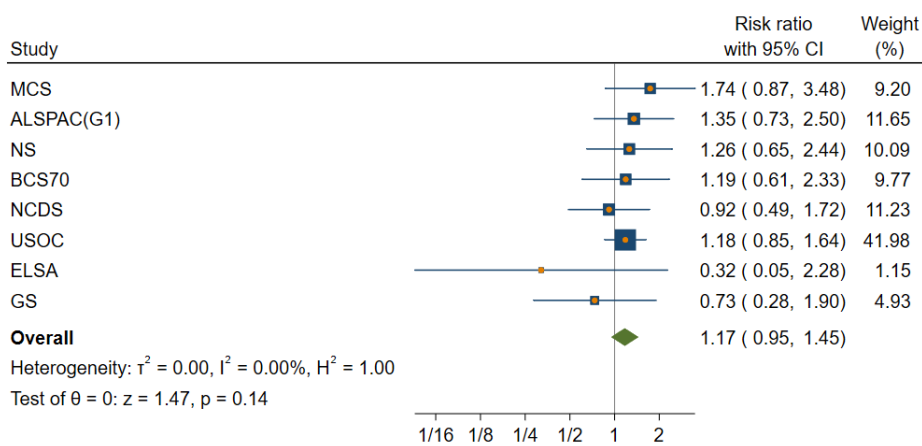
basic adjustment



Random-effects REML model

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

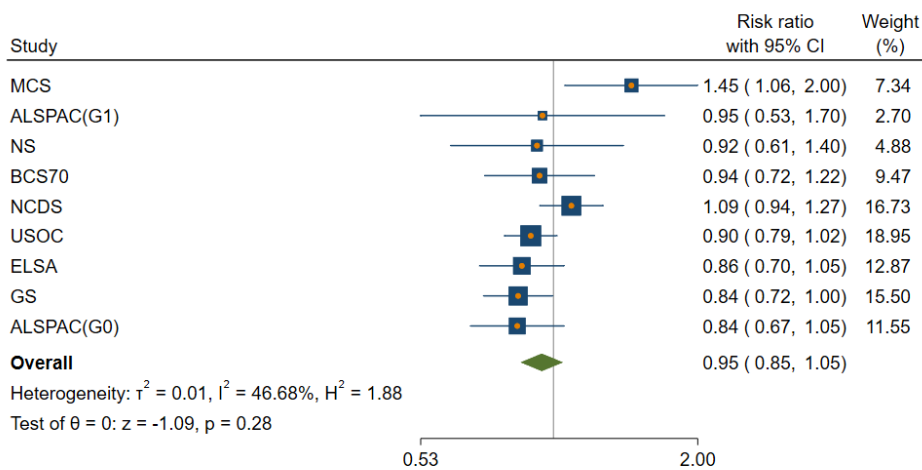
full adjustment



Random-effects REML model

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

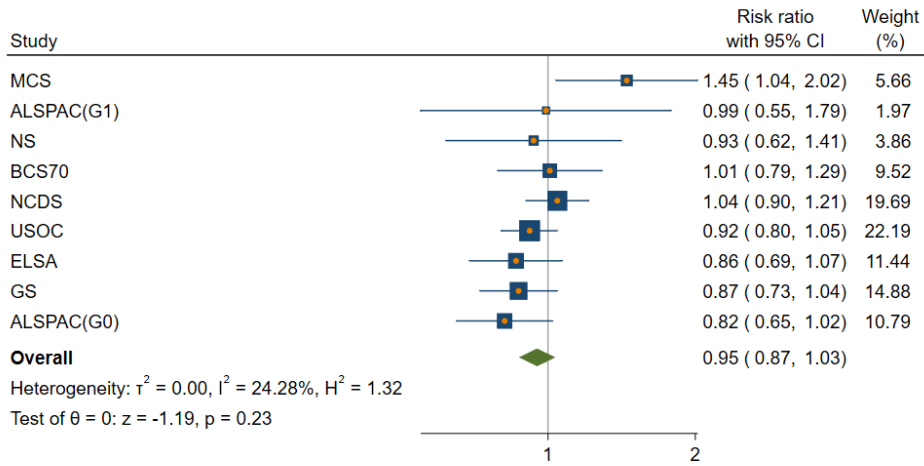
unadjusted



Random-effects REML model

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

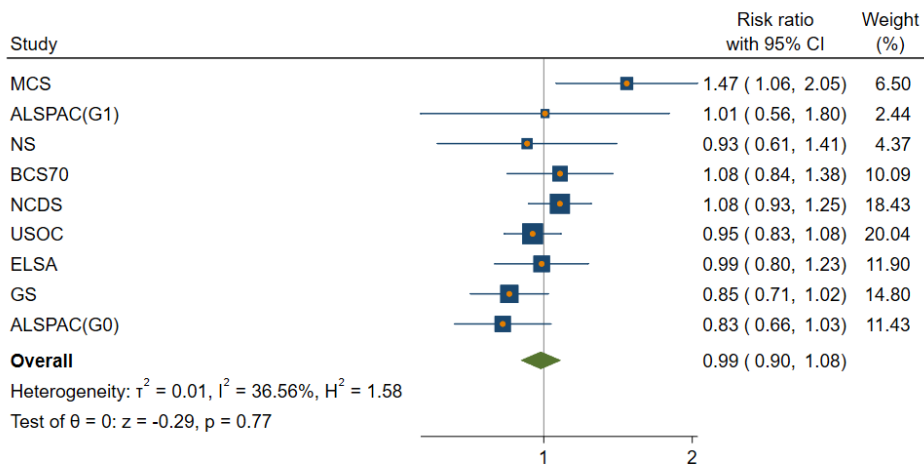
basic adjustment



Random-effects REML model

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

full adjustment

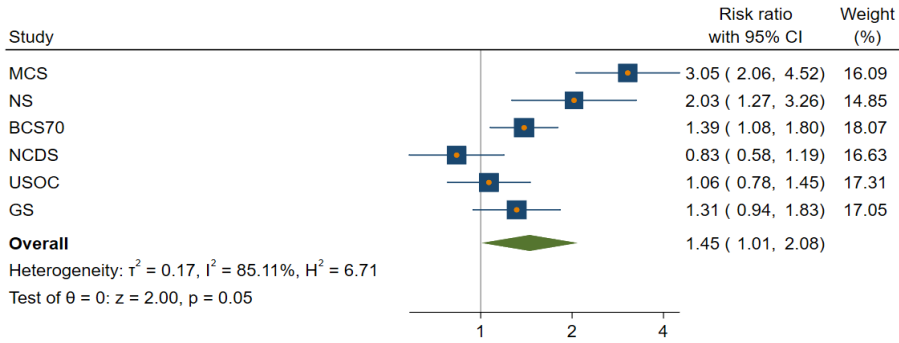


Random-effects REML model

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

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

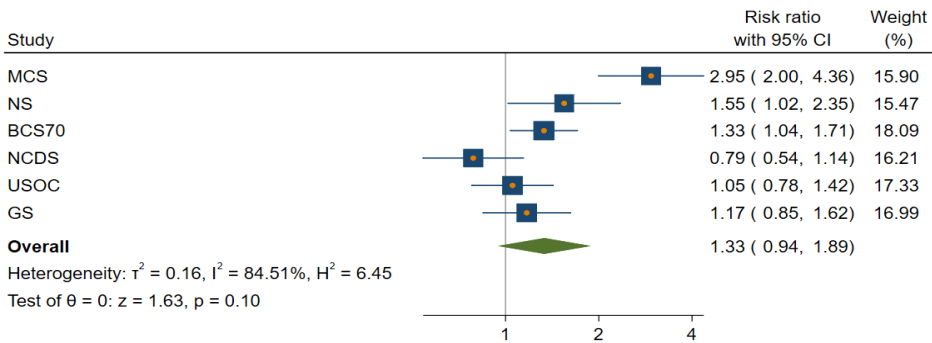
unadjusted



Random-effects REML model

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

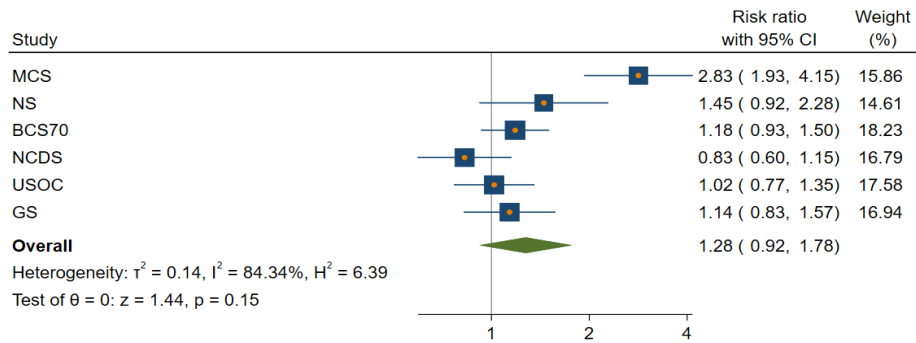
basic adjustment



Random-effects REML model

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

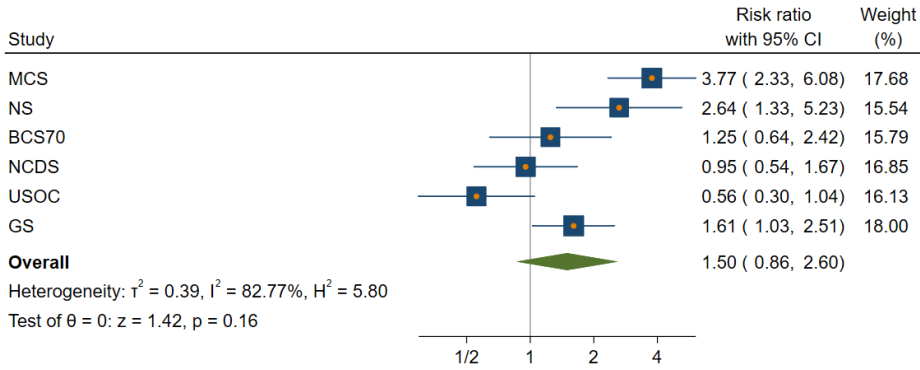
full adjustment



Random-effects REML model

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

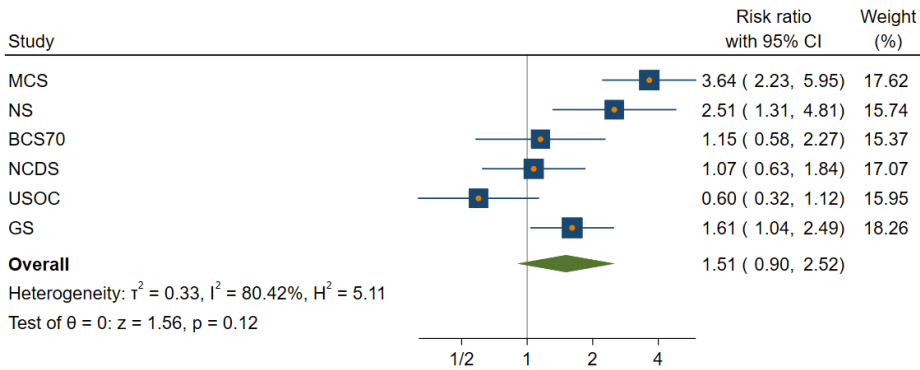
unadjusted



Random-effects REML model

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

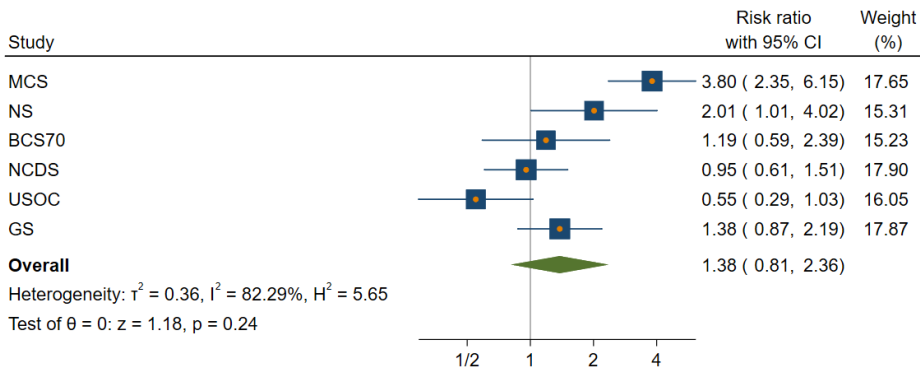
basic adjustment



Random-effects REML model

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

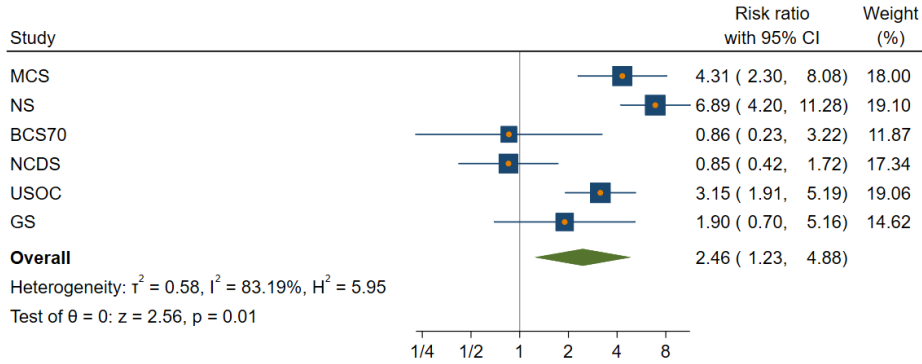
full adjustment



Random-effects REML model

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

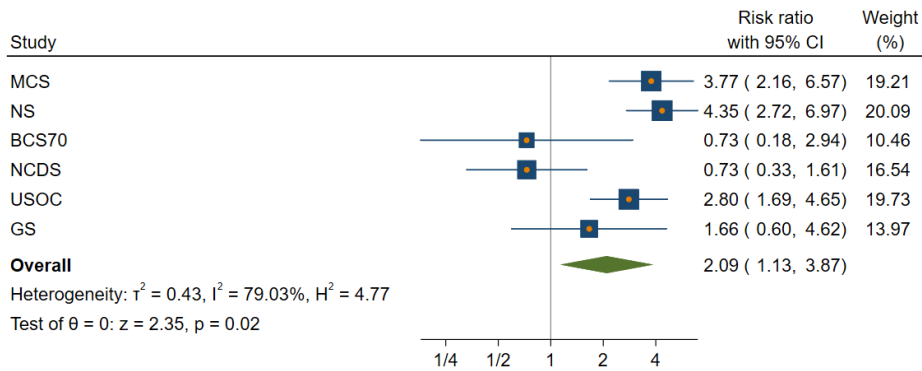
unadjusted



Random-effects REML model

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

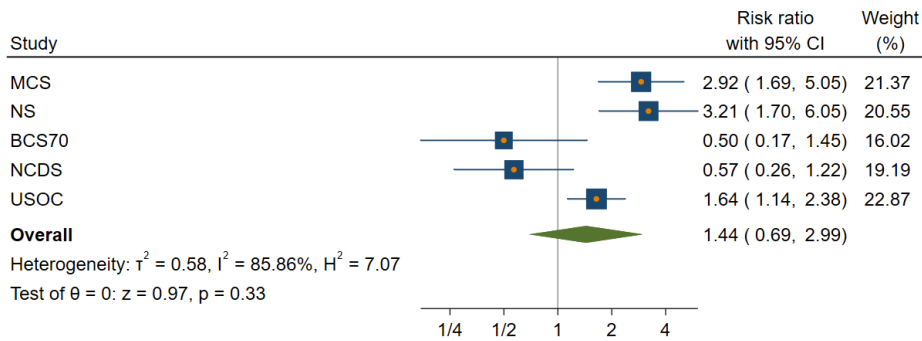
basic adjustment



Random-effects REML model

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

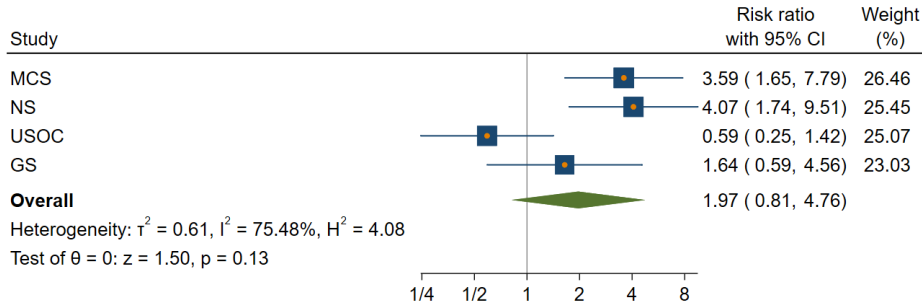
full adjustment



Random-effects REML model

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

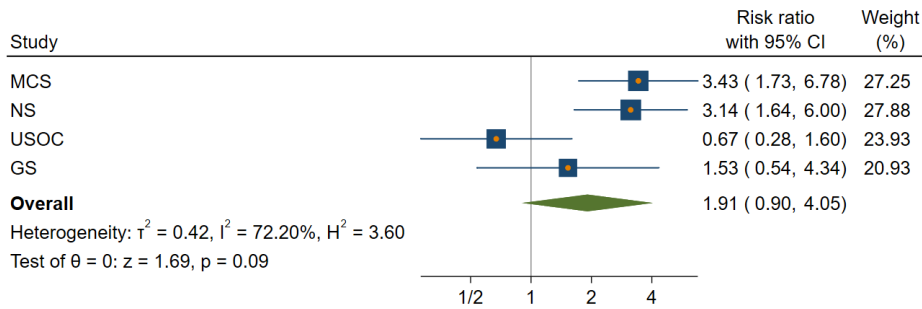
unadjusted



Random-effects REML model

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

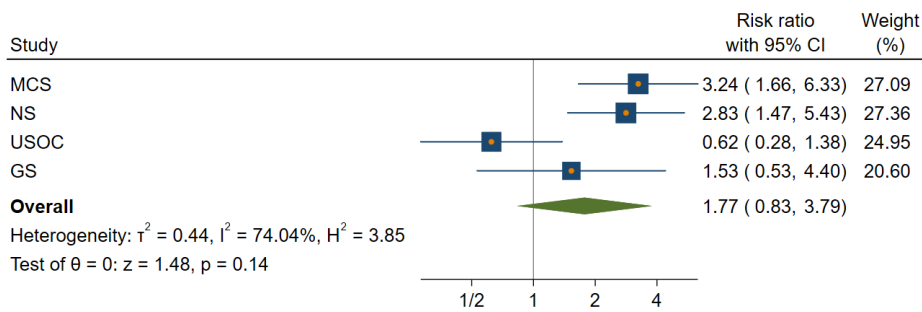
basic adjustment



Random-effects REML model

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

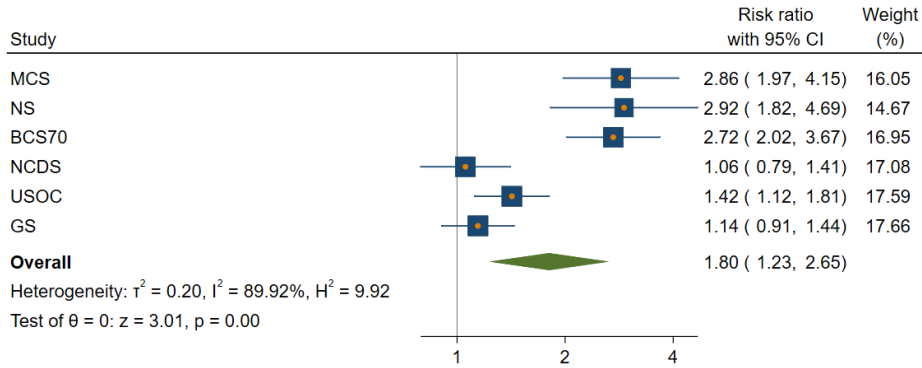
full adjustment



Random-effects REML model

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

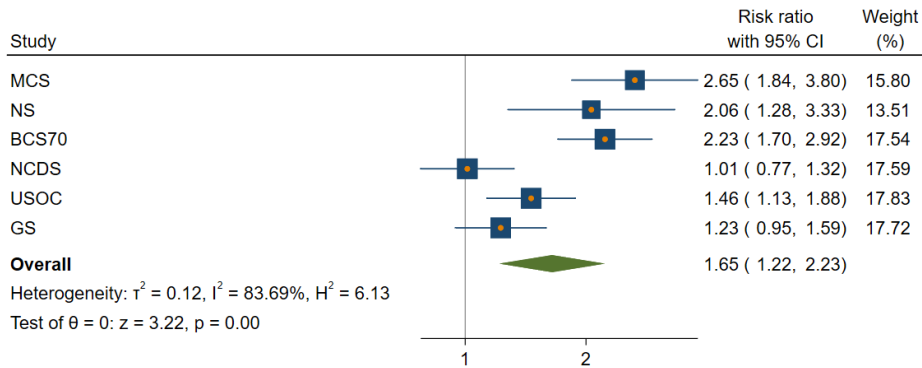
unadjusted



Random-effects REML model

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

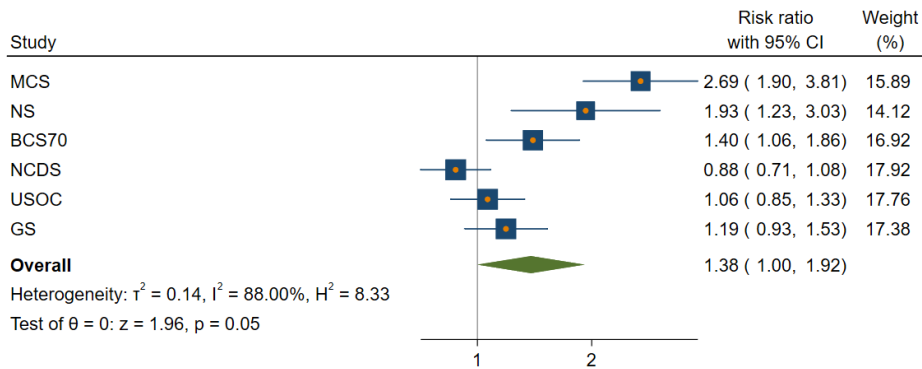
basic adjustment



Random-effects REML model

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

full adjustment



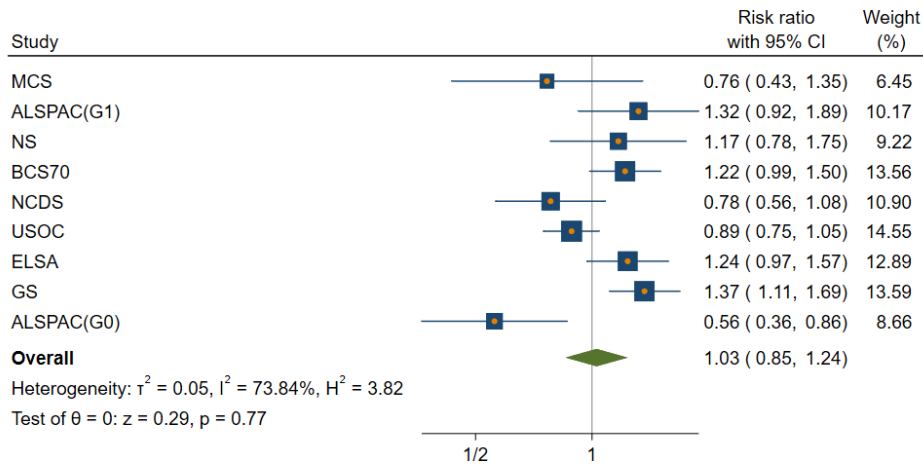
Random-effects REML model

Figure set 8: Sleeps less than before

Commented [MJ3]:

Sleep less than before
Furloughed vs. Stable employed

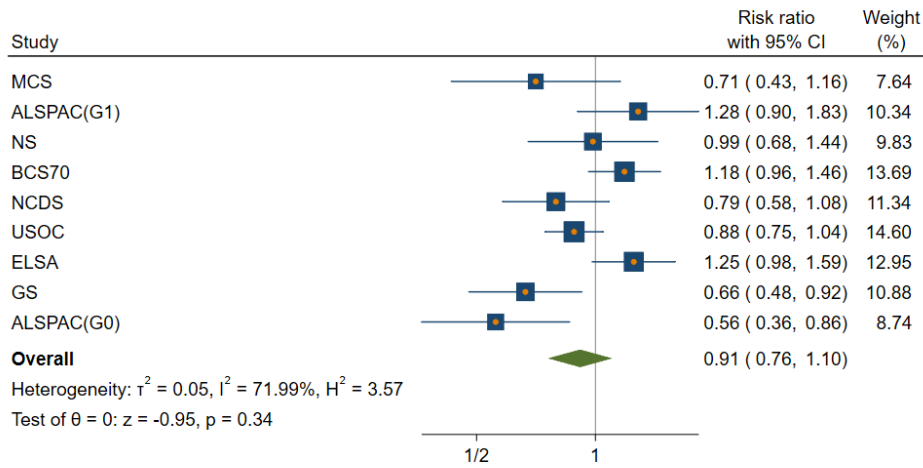
unadjusted



Random-effects REML model

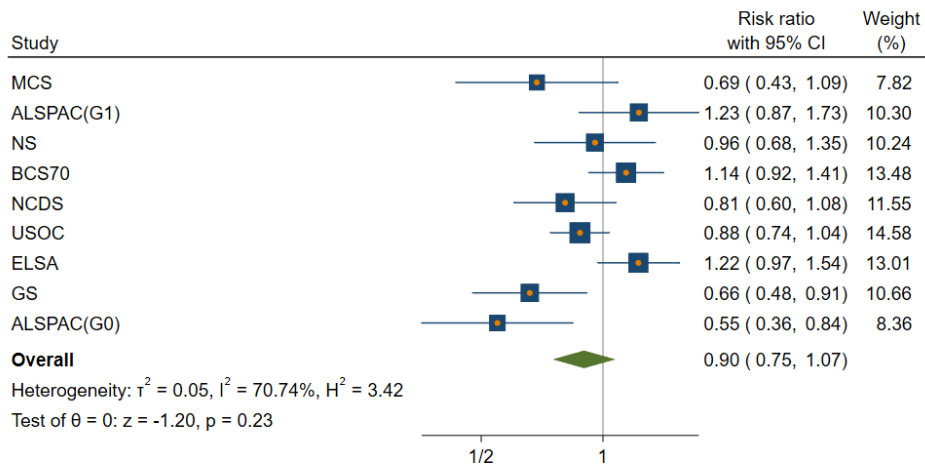
Sleep less than before
Furloughed vs. Stable employed

basic adjustment



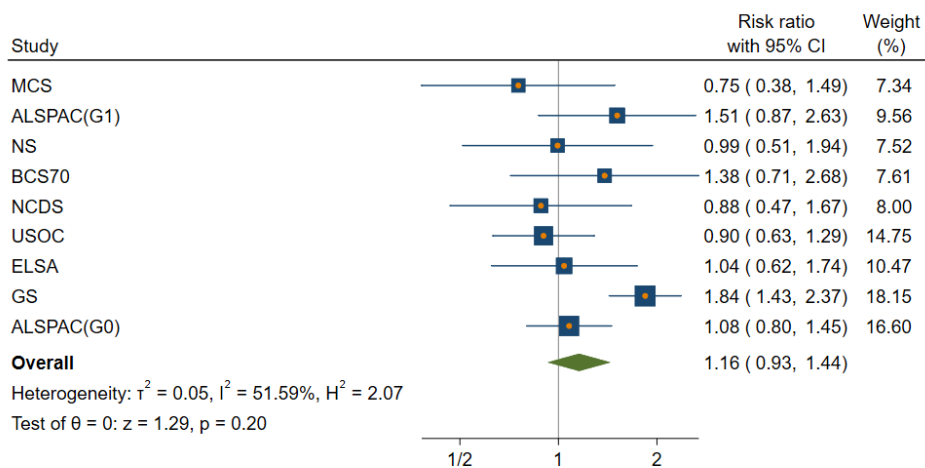
Random-effects REML model

Sleep less than before
Furloughed vs. Stable employed
full adjustment



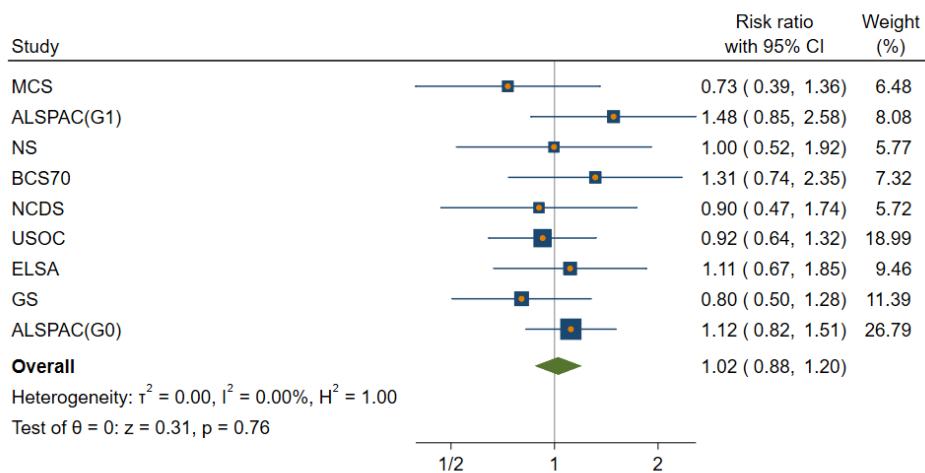
Random-effects REML model

Sleep less than before
No longer employed vs. Stable employed
unadjusted



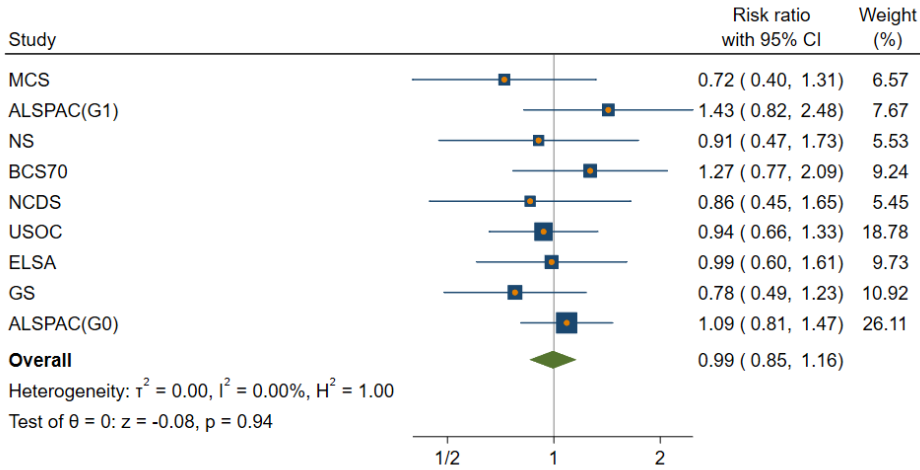
Random-effects REML model

Sleep less than before
No longer employed vs. Stable employed
basic adjustment



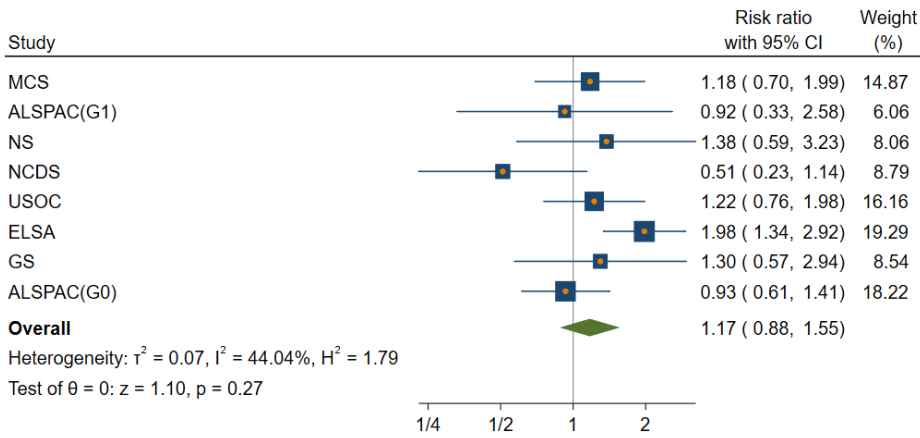
Random-effects REML model

Sleep less than before
No longer employed vs. Stable employed
full adjustment



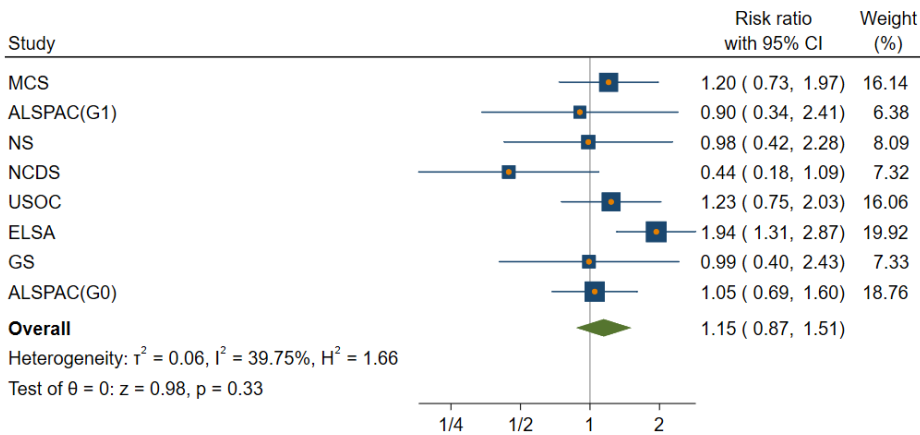
Random-effects REML model

Sleep less than before
Stable unemployed vs. Stable employed
unadjusted



Random-effects REML model

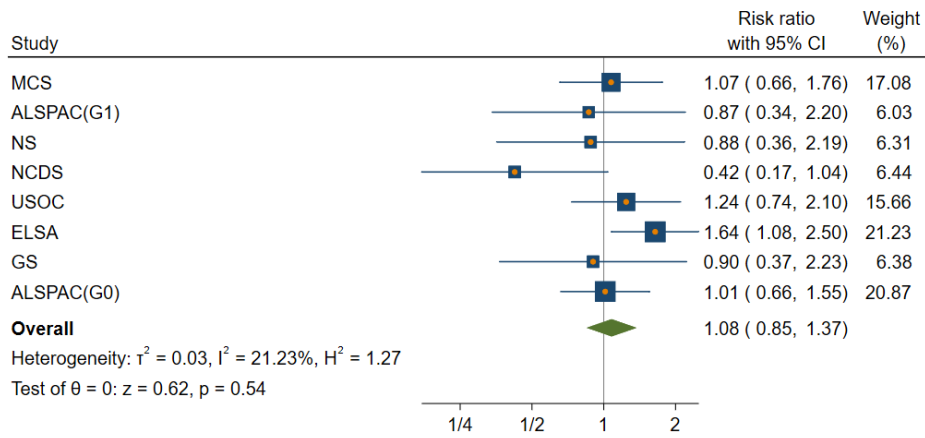
Sleep less than before
Stable unemployed vs. Stable employed
basic adjustment



Random-effects REML model

Sleep less than before
Stable unemployed vs. Stable employed

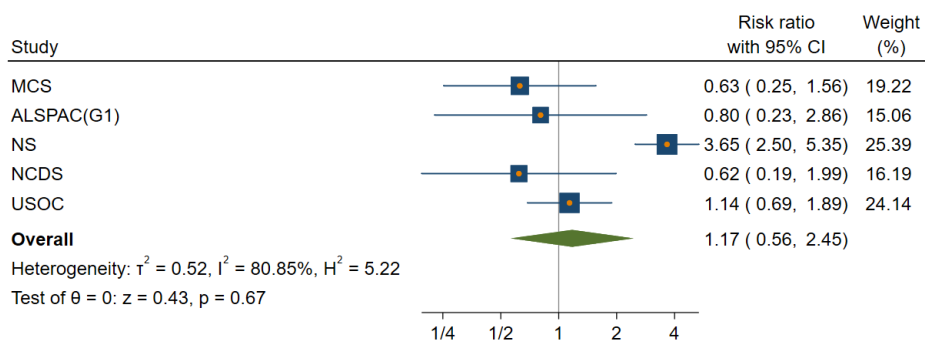
full adjustment



Random-effects REML model

Sleep less than before
Became employed vs. Stable employed

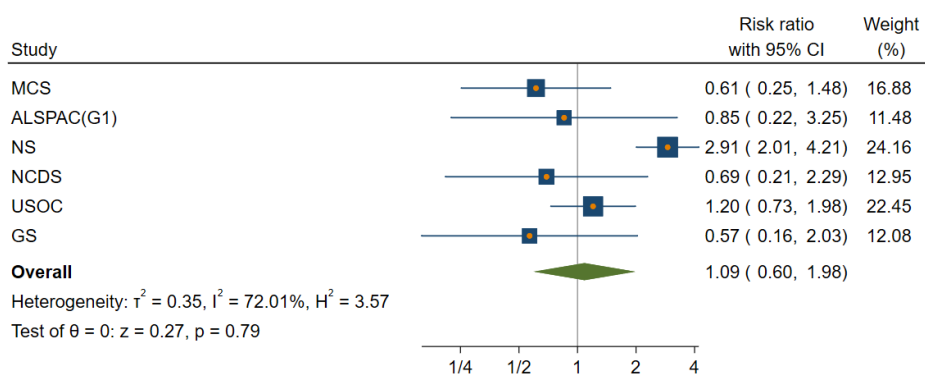
unadjusted



Random-effects REML model

Sleep less than before
Became employed vs. Stable employed

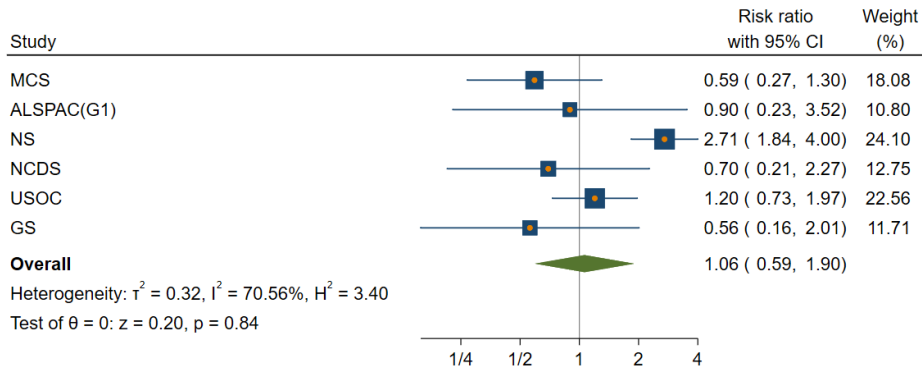
basic adjustment



Random-effects REML model

Sleep less than before
Became employed vs. Stable employed

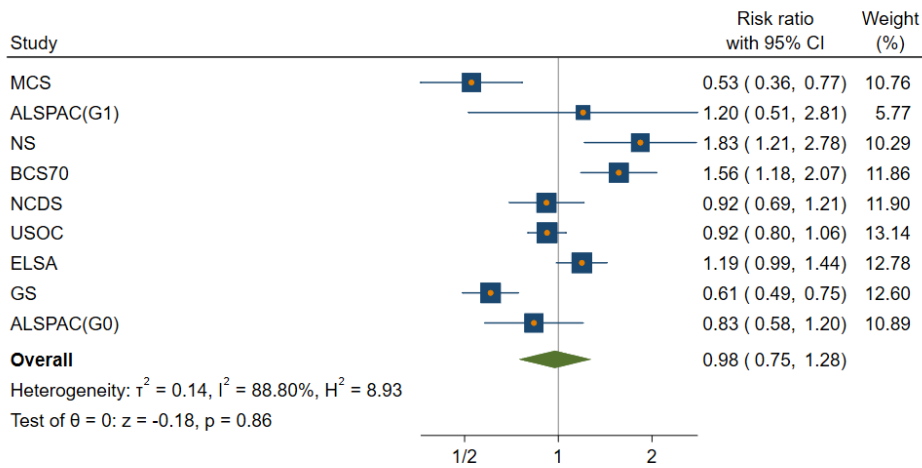
full adjustment



Random-effects REML model

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

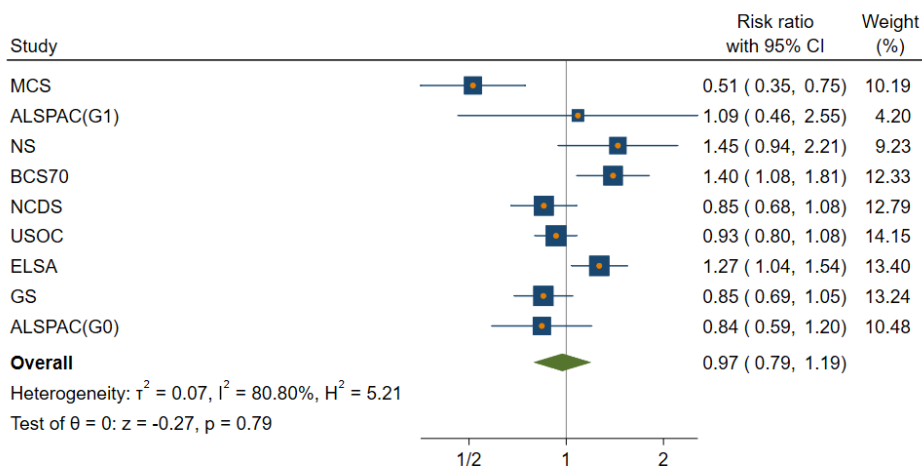
unadjusted



Random-effects REML model

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

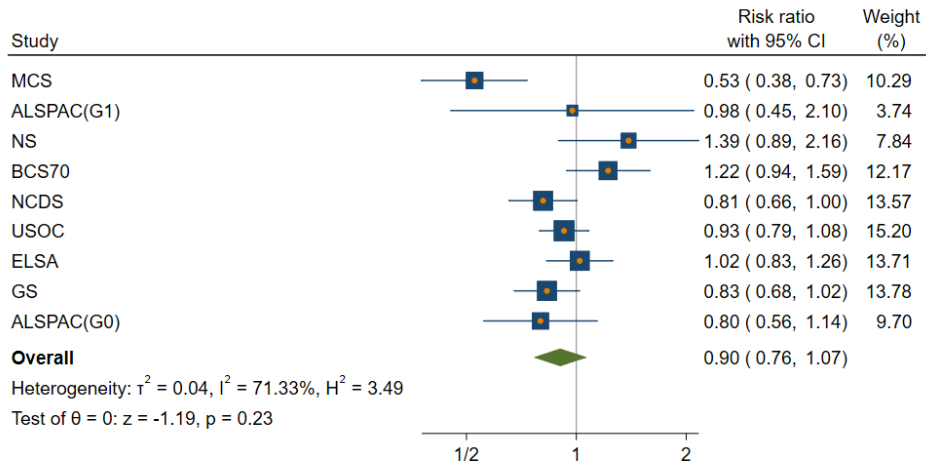
basic adjustment



Random-effects REML model

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

full adjustment



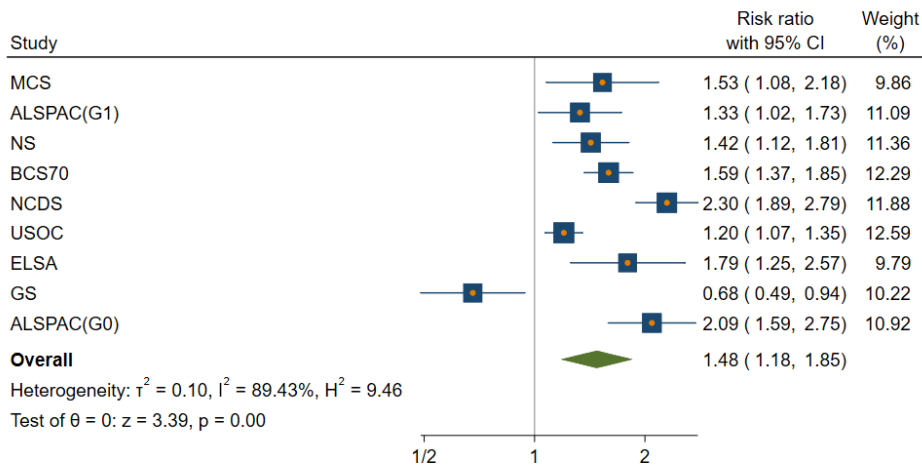
Random-effects REML model

Figure set 9: Sleeps more than before

Commented [MJ4]:

Sleep more than before
Furloughed vs. Stable employed

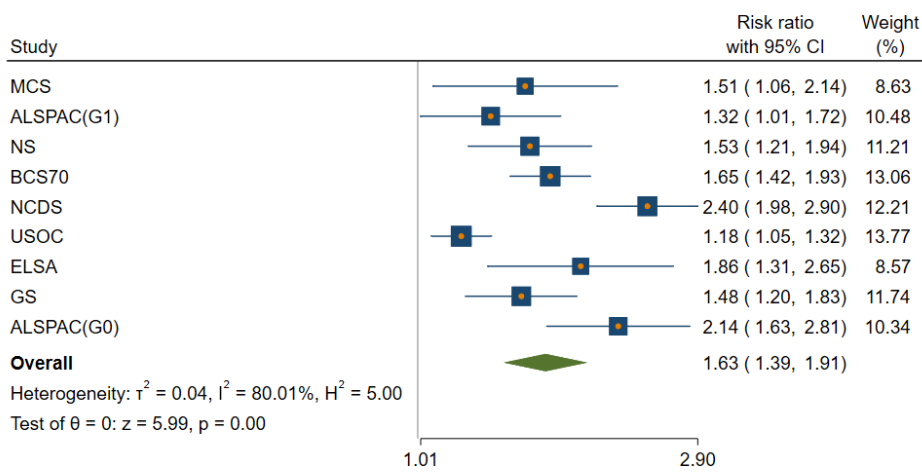
unadjusted



Random-effects REML model

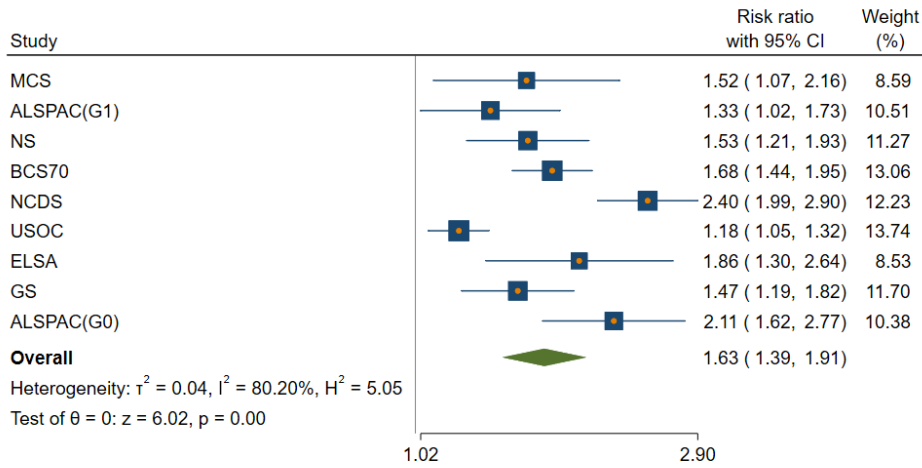
Sleep more than before
Furloughed vs. Stable employed

basic adjustment



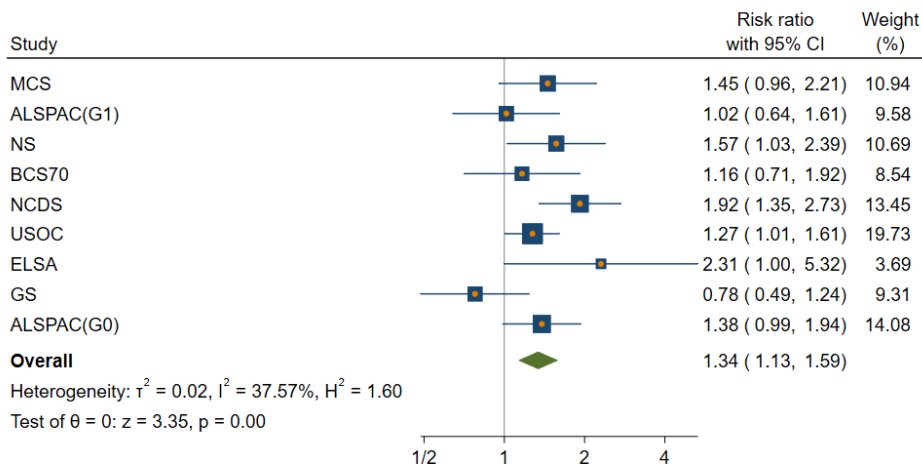
Random-effects REML model

Sleep more than before
Furloughed vs. Stable employed
full adjustment



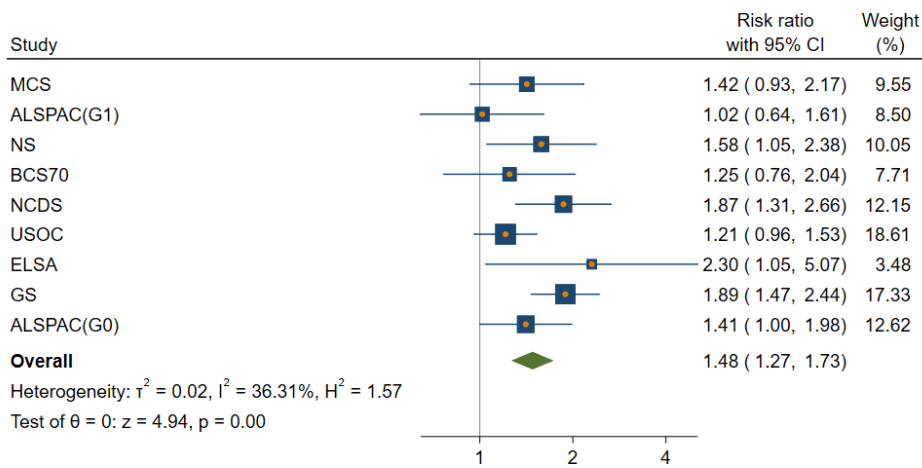
Random-effects REML model

Sleep more than before
No longer employed vs. Stable employed
unadjusted



Random-effects REML model

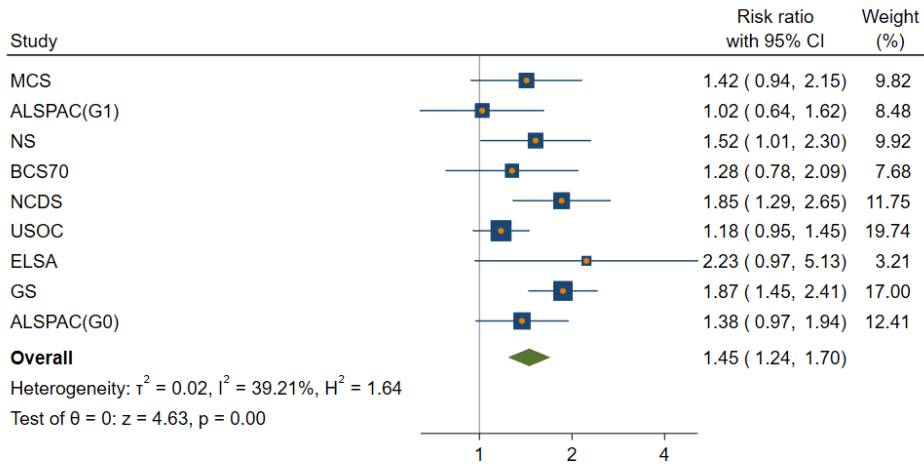
Sleep more than before
No longer employed vs. Stable employed
basic adjustment



Random-effects REML model

Sleep more than before
No longer employed vs. Stable employed

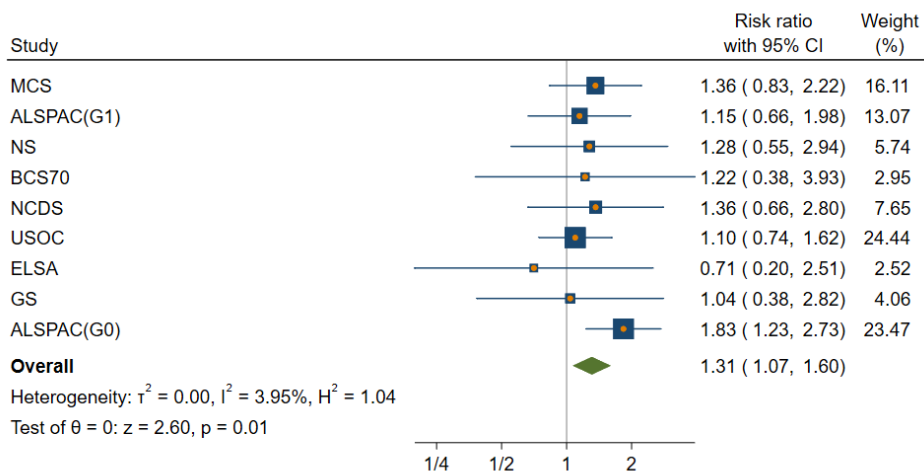
full adjustment



Random-effects REML model

Sleep more than before
Stable unemployed vs. Stable employed

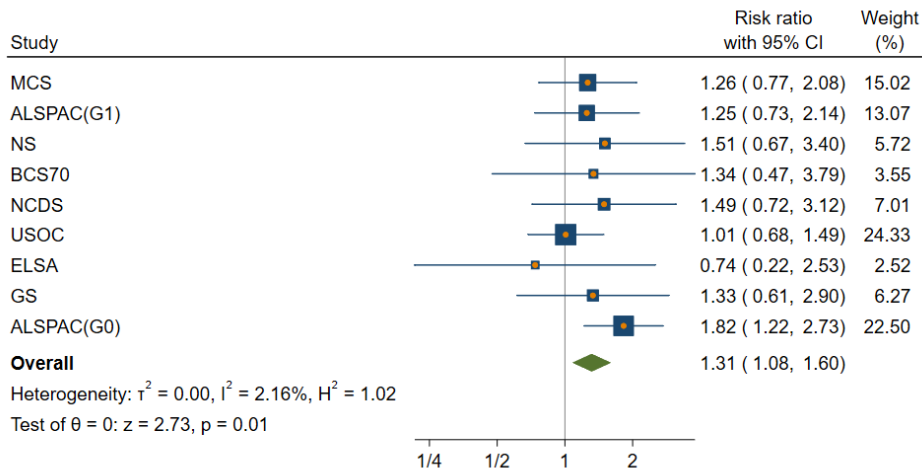
unadjusted



Random-effects REML model

Sleep more than before
Stable unemployed vs. Stable employed

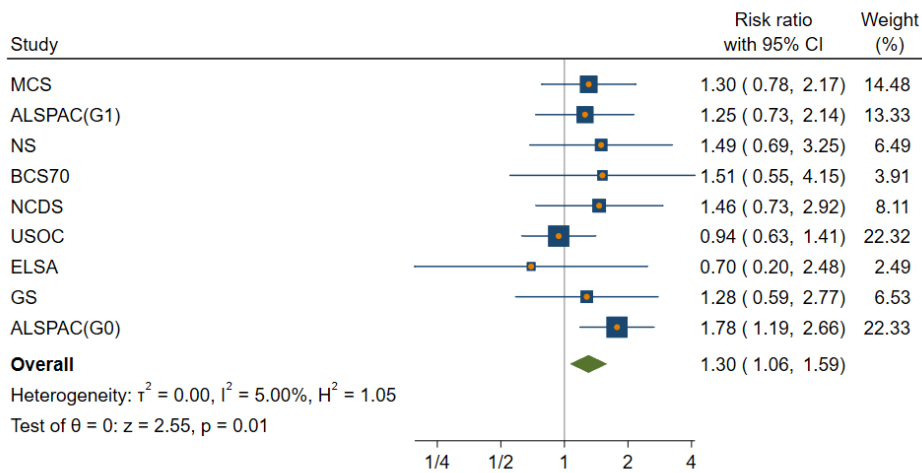
basic adjustment



Random-effects ML model

Sleep more than before
Stable unemployed vs. Stable employed

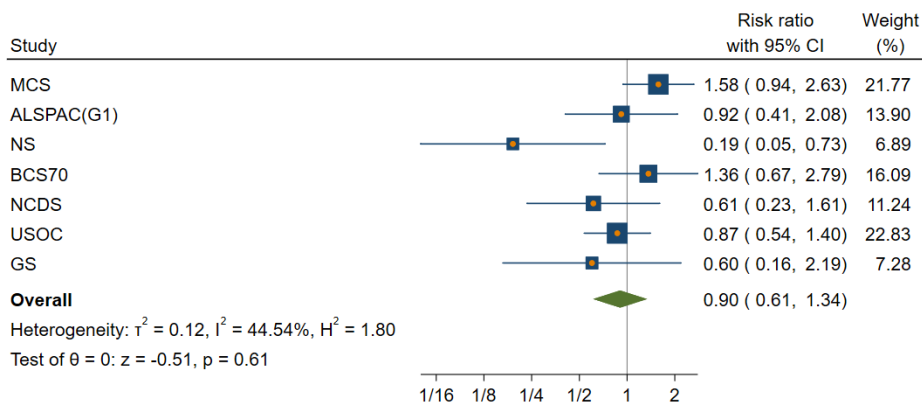
full adjustment



Random-effects ML model

Sleep more than before
Became employed vs. Stable employed

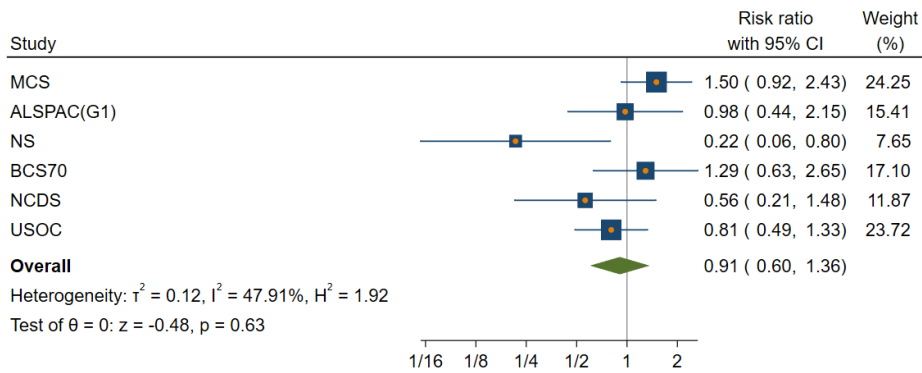
unadjusted



Random-effects REML model

Sleep more than before
Became employed vs. Stable employed

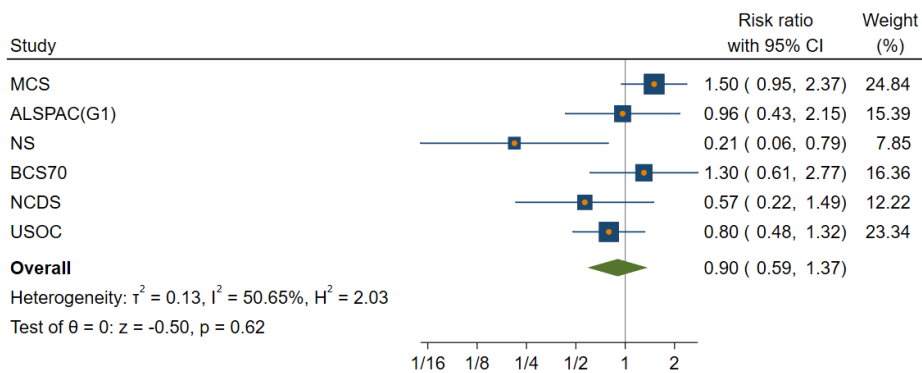
basic adjustment



Random-effects REML model

Sleep more than before
Became employed vs. Stable employed

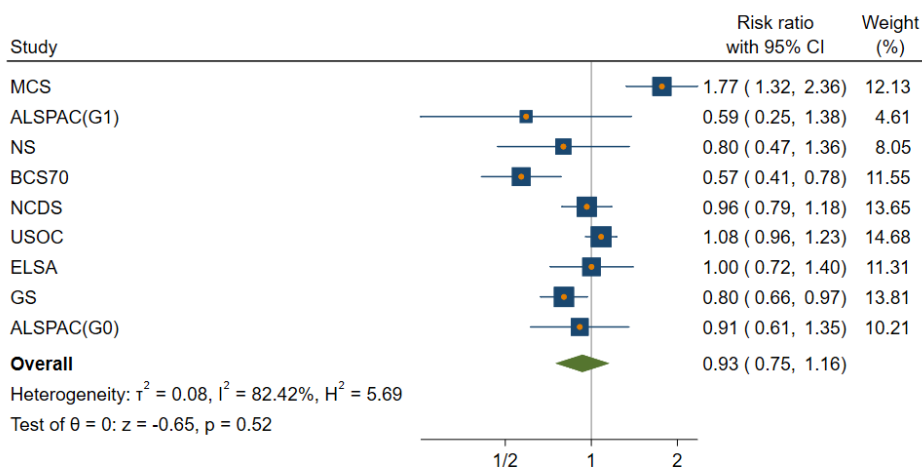
full adjustment



Random-effects REML model

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

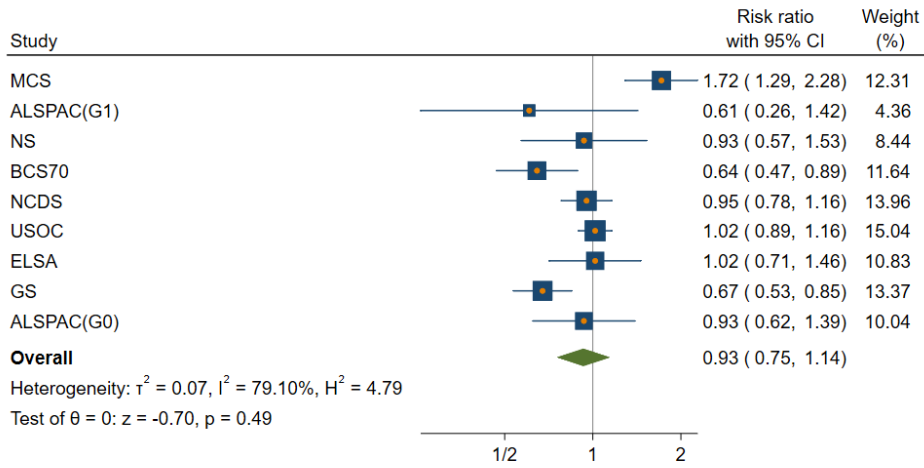
unadjusted



Random-effects REML model

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

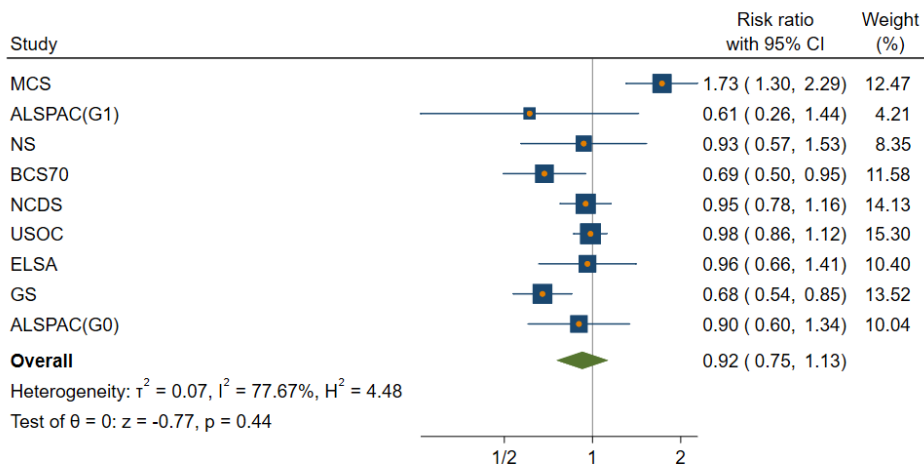
basic adjustment



Random-effects REML model

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

full adjustment

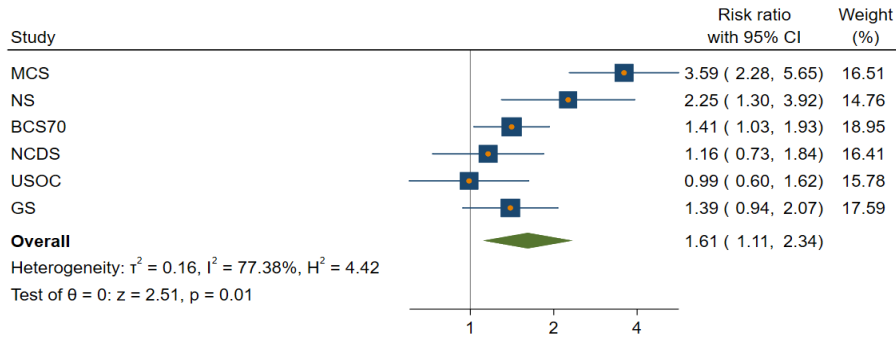


Random-effects REML model

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

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

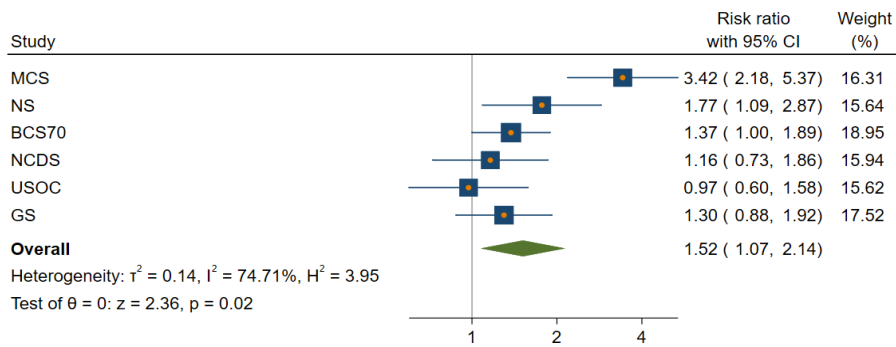
unadjusted



Random-effects REML model

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

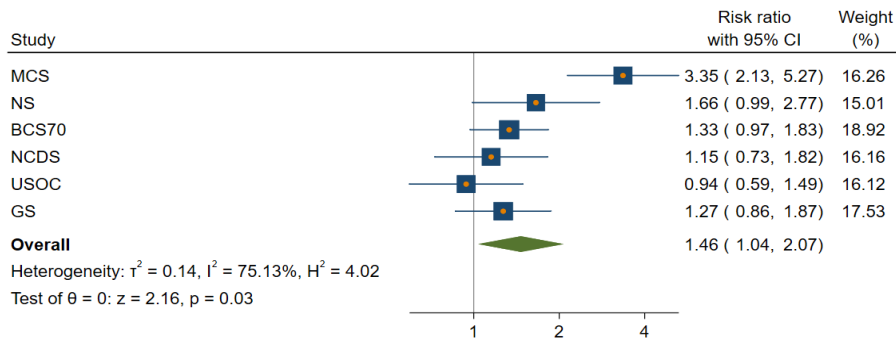
basic adjustment



Random-effects REML model

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

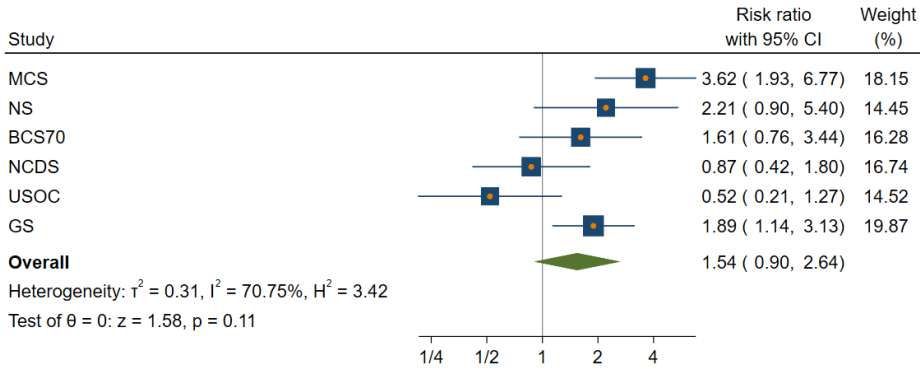
full adjustment



Random-effects REML model

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

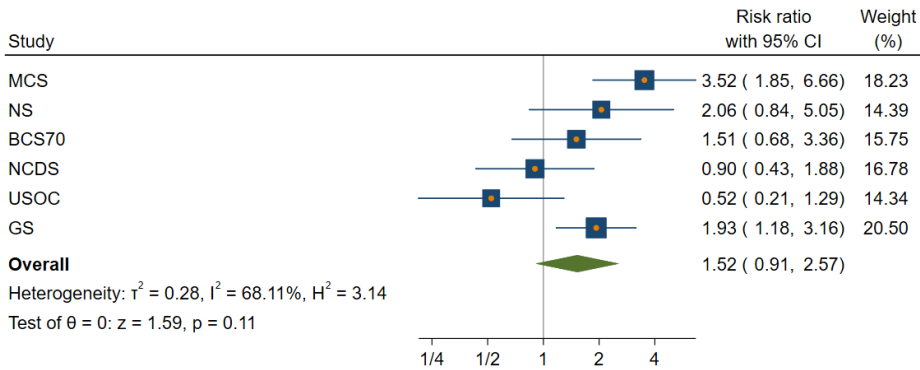
unadjusted



Random-effects REML model

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

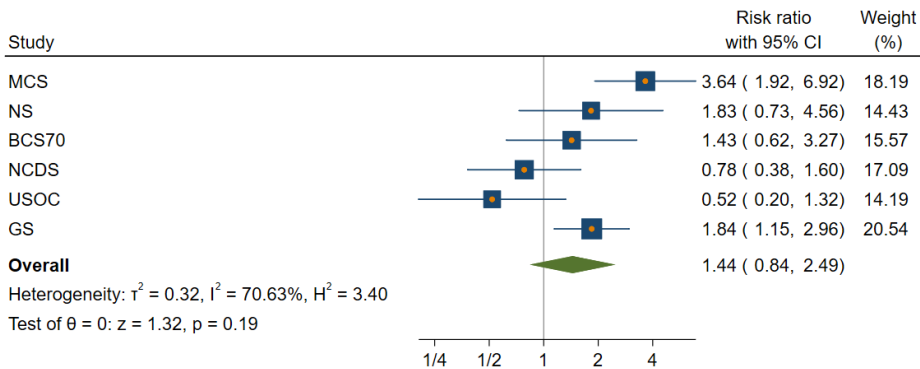
basic adjustment



Random-effects REML model

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

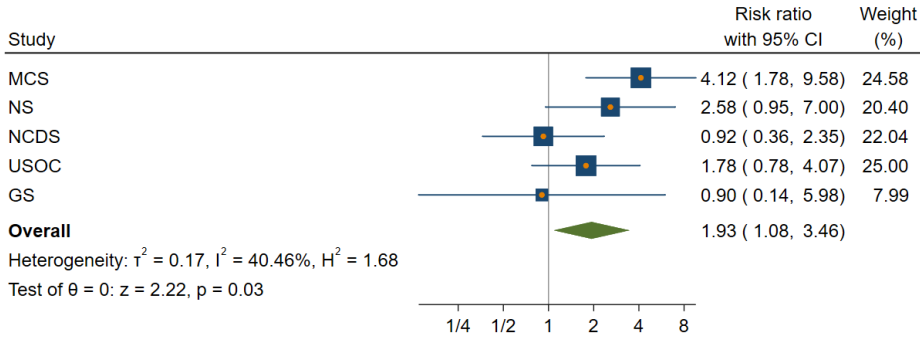
full adjustment



Random-effects REML model

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

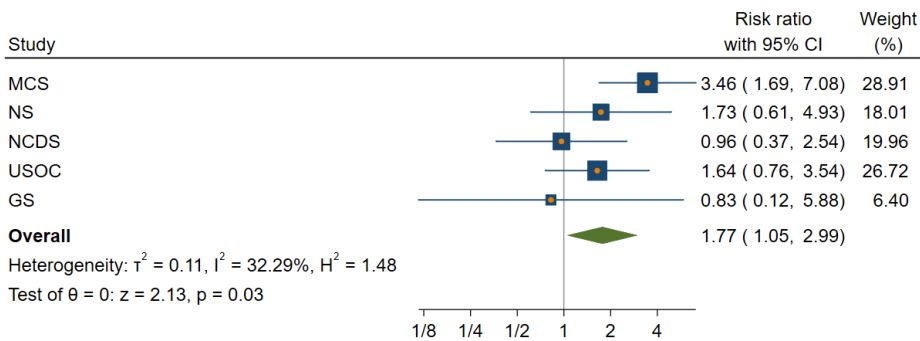
unadjusted



Random-effects REML model

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

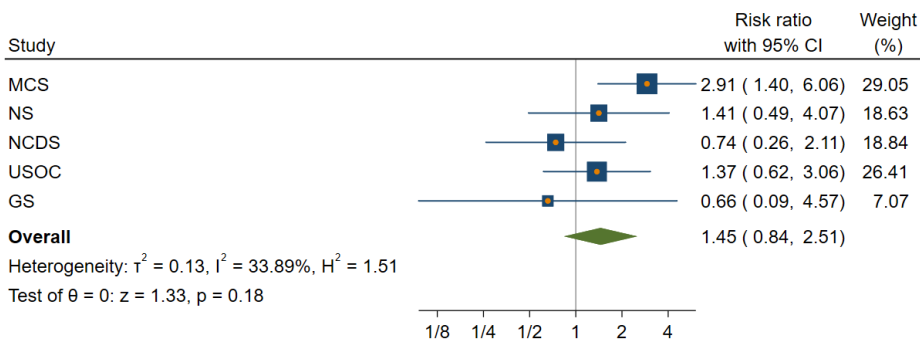
basic adjustment



Random-effects REML model

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

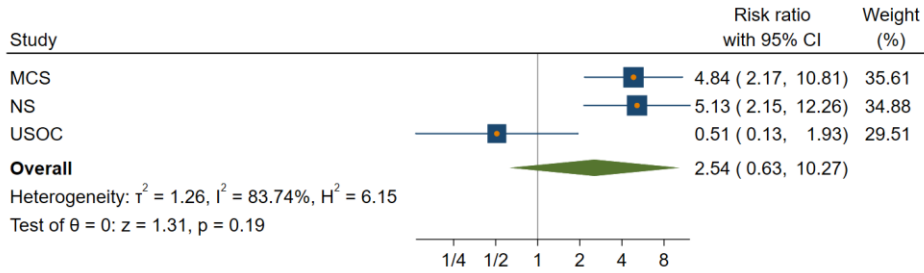
full adjustment



Random-effects REML model

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

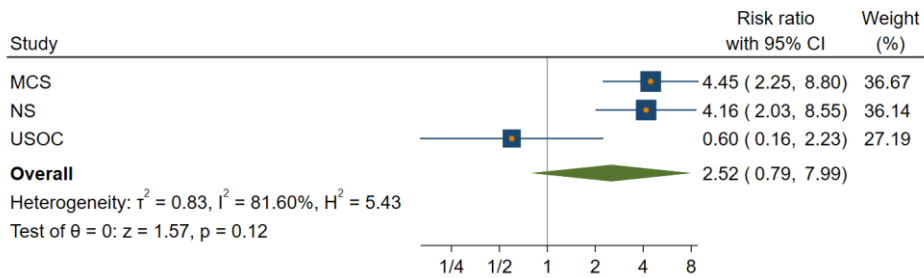
unadjusted



Random-effects REML model

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

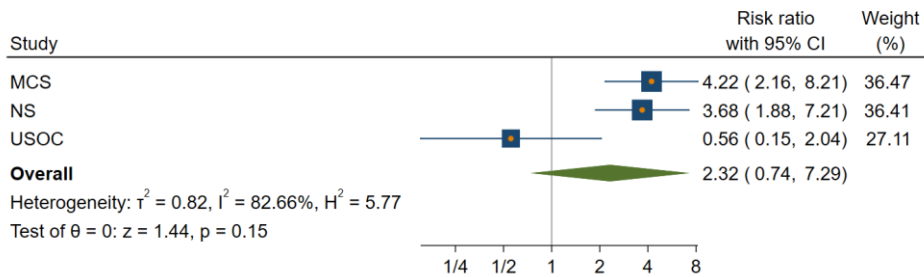
basic adjustment



Random-effects REML model

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

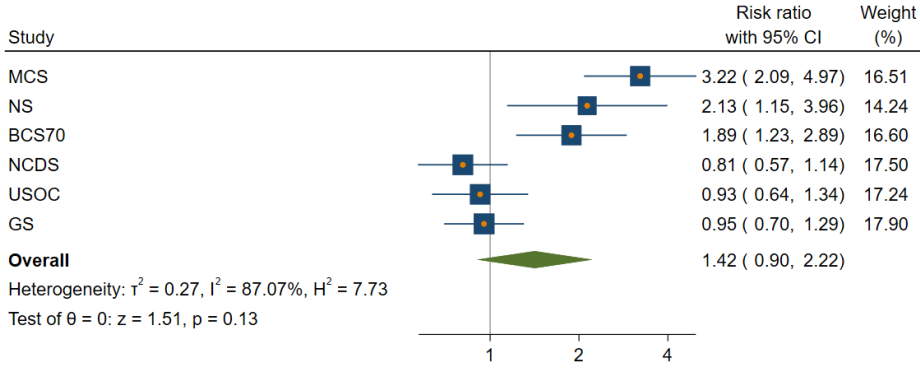
full adjustment



Random-effects REML model

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

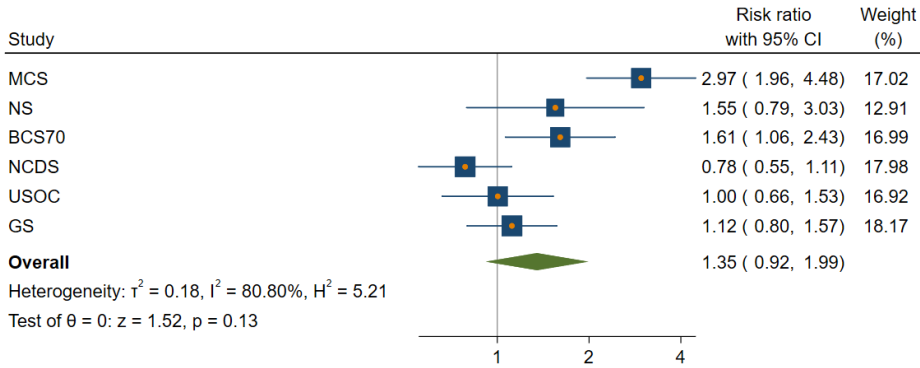
unadjusted



Random-effects REML model

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

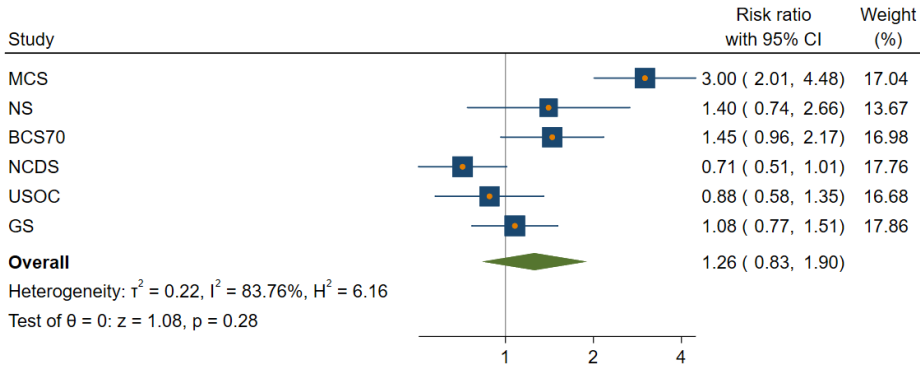
basic adjustment



Random-effects REML model

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

full adjustment

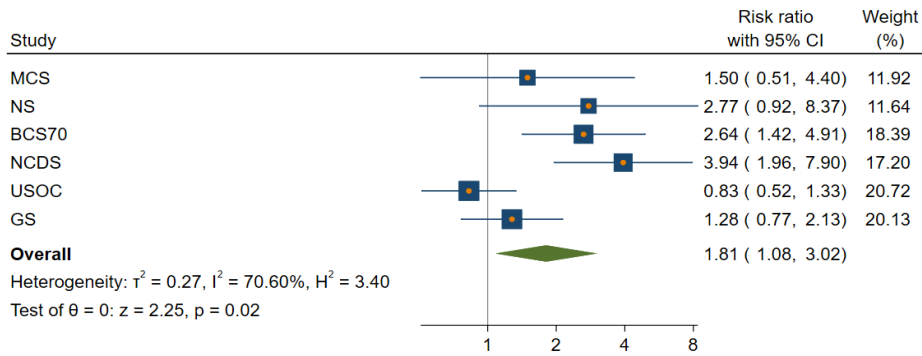


Random-effects REML model

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

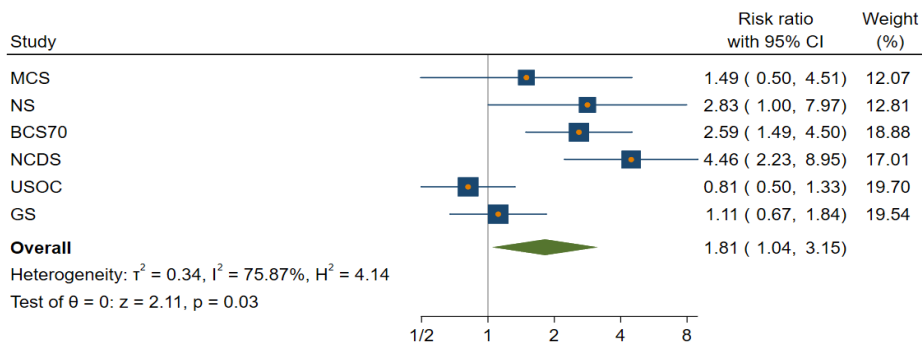
unadjusted



Random-effects REML model

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

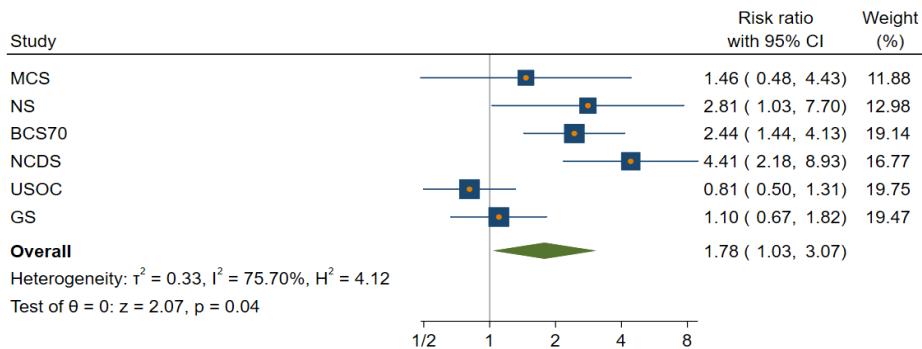
basic adjustment



Random-effects REML model

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

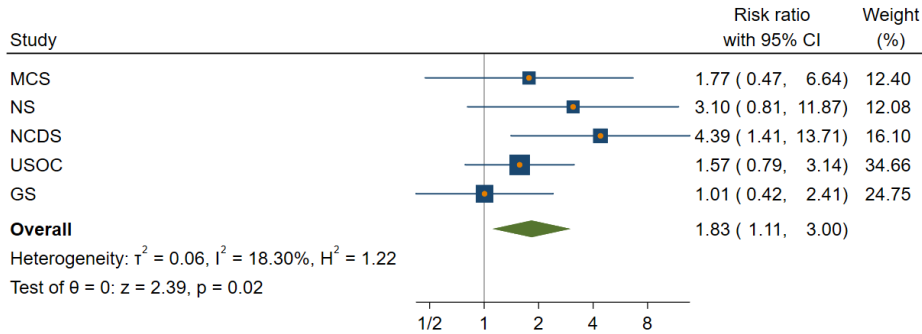
full adjustment



Random-effects REML model

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

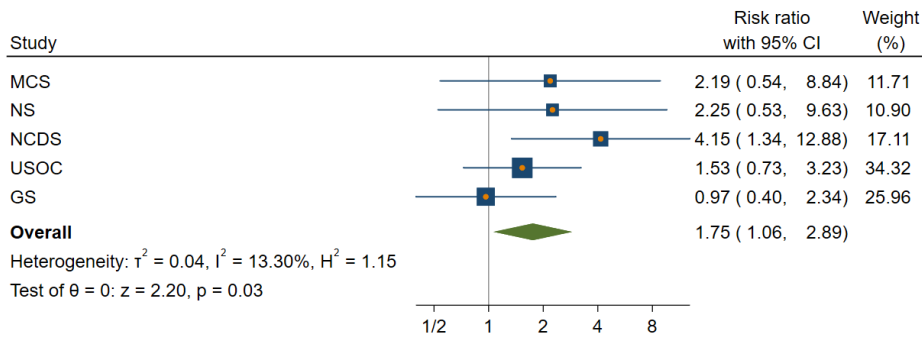
unadjusted



Random-effects REML model

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

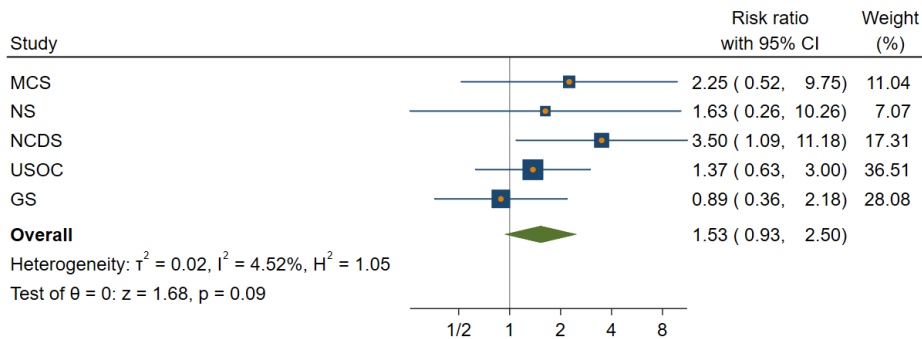
basic adjustment



Random-effects REML model

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

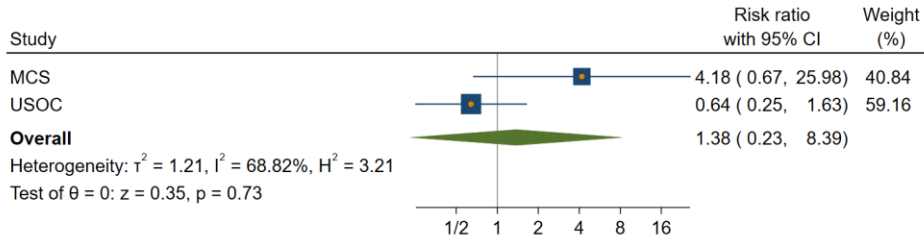
full adjustment



Random-effects REML model

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

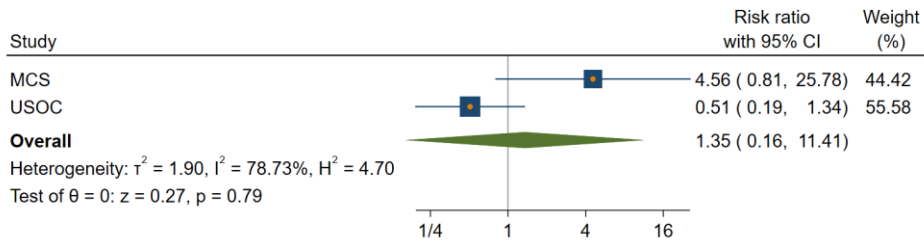
unadjusted



Random-effects REML model

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

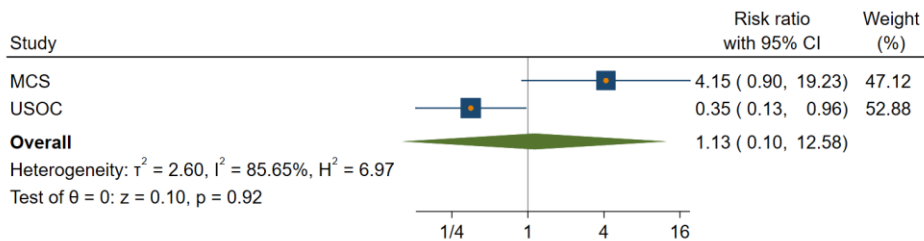
basic adjustment



Random-effects REML model

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

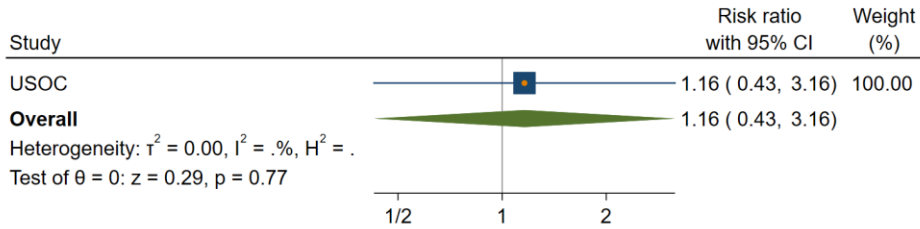
full adjustment



Random-effects REML model

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

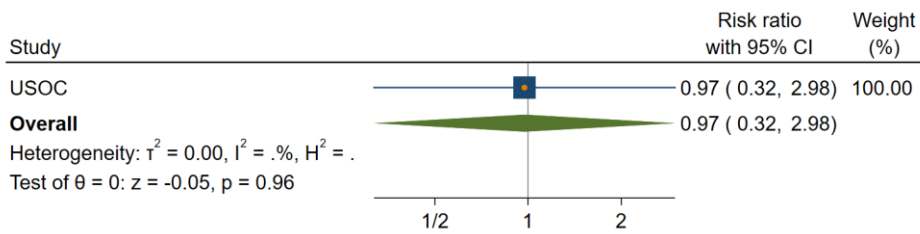
unadjusted



Random-effects REML model

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

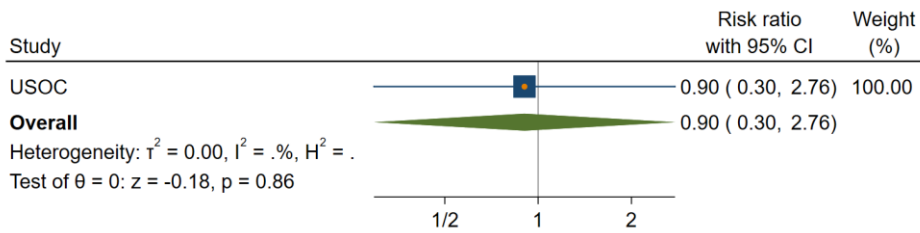
basic adjustment



Random-effects REML model

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

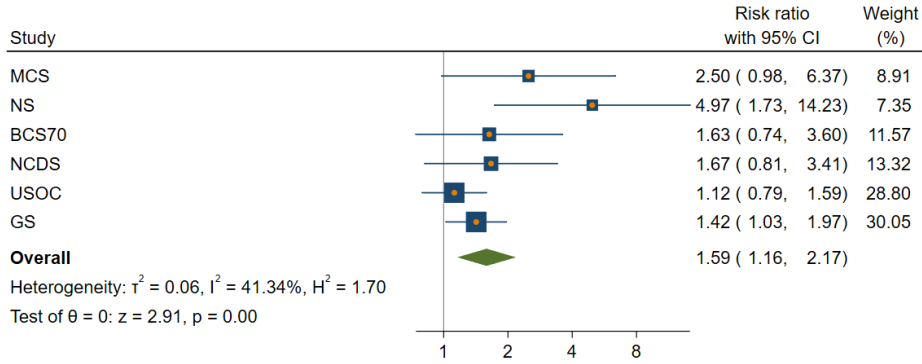
full adjustment



Random-effects REML model

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

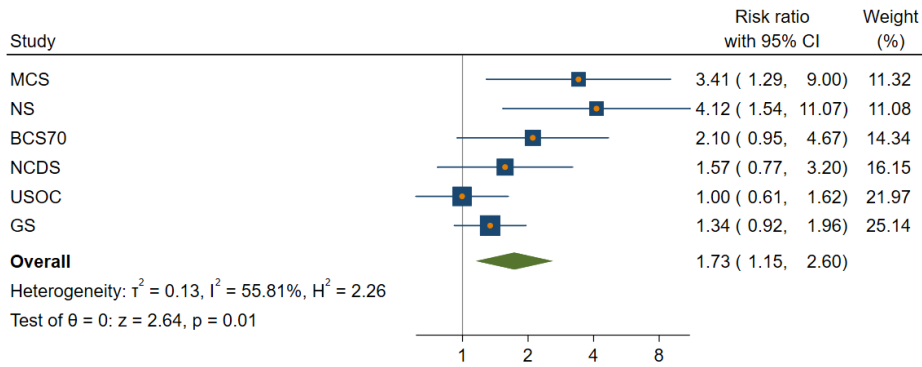
unadjusted



Random-effects REML model

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

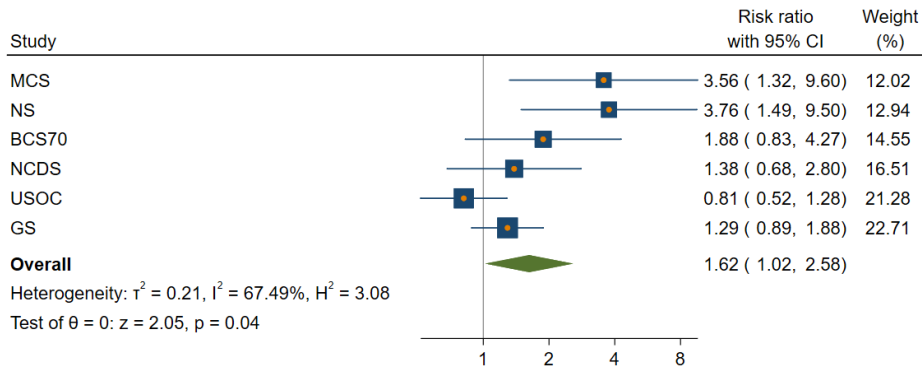
basic adjustment



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