**Table S1. Timing of salivary cortisol sampling, BCOPS Study, visit 3**

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| Cortisol  |  |  |  |
| sample number | Day | Average time | Cortisol sample characteristics |
| 8 | 2 | Awakening (7:17 AM) | First awakening sample  |
| 9 | 2 | Awakening (7:30 AM) | 15 minutes after awakening |
| 10 | 2 | Awakening (7:49 AM) | 30 minutes after awakening |
| 11 | 2 | Awakening (8:05 AM) | 45 minutes after awakening |
| 12 | 2 | Lunch time (1:02 PM) | Immediately before eating midday meal |
| 13 | 2 | Dinner time (5:50 PM) | Immediately before eating evening meal |
| 14 | 2 | Bedtime (11:54PM) | Before bedtime |