Table S2. Adjusteda prevalence ratio (PR) and 95% CI for the risk of poor health-related quality of life among adults aged ≥18 years without any of nine chronic conditionsb, by age, 2014 BRFSS

|  | **Age=18–24 yrs** | **Age=25–34 yrs** | **Age=35–44 yrs** | **Age=45–64 yrs** | **Age≥65 yrs** |
| --- | --- | --- | --- | --- | --- |
| **Sleep duration (hours in a 24 hour period)** | **PR (95% CI)** | **PR (95% CI)** | **PR (95% CI)** | **PR (95% CI)** | **PR (95% CI)** |
| **Poor or fair health** | | | | | |
| **≤5** | 1.31 (0.89-1.91) | 1.66 (1.24-2.22) | 1.87 (1.44-2.43) | 1.83 (1.48-2.26) | 1.70 (1.16-2.48) |
| **6** | 1.37 (1.01-1.86) | 1.42 (1.11-1.82) | 1.37 (1.08-1.75) | 1.33 (1.11-1.60) | 1.48 (1.11-1.97) |
| **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
| **8** | 1.09 (0.80-1.48) | 1.06 (0.81-1.39) | 0.99 (0.77-1.28) | 1.02 (0.85-1.23) | 1.23 (0.97-1.58) |
| **9** | 1.00 (0.58-1.71) | 1.17 (0.73-1.88) | 1.69 (1.07-2.67) | 1.10 (0.76-1.59) | 1.12 (0.76-1.65) |
| **≥10** | 2.23 (1.41-3.52) | 1.27 (0.68-2.37) | 1.01 (0.56-1.83) | 1.03 (0.69-1.52) | 1.44 (1.02-2.03) |
| **Frequent physical distress** | | | | | |
| **≤5** | 1.39 (0.85-2.27) | 1.64 (1.11-2.41) | 1.81 (1.27-2.58) | 2.06 (1.56-2.72) | 1.67 (1.04-2.66) |
| **6** | 0.74 (0.48-1.13) | 1.65 (1.20-2.27) | 1.06 (0.77-1.47) | 1.35 (1.07-1.69) | 1.24 (0.86-1.79) |
| **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
| **8** | 0.75 (0.49-1.16) | 1.05 (0.73-1.49) | 0.73 (0.52-1.02) | 1.27 (1.01-1.58) | 1.03 (0.77-1.38) |
| **9** | 0.82 (0.45-1.49) | 1.40 (0.77-2.54) | 1.11 (0.60-2.05) | 1.53 (0.93-2.53) | 1.25 (0.70-2.22) |
| **≥10** | -c | 1.60 (0.58-4.41) | 1.54 (0.74-3.23) | 1.01 (0.66-1.54) | 1.12 (0.69-1.82) |
| **Frequent mental distress** | | | | | |
| **≤5** | 1.87 (1.37-2.54) | 2.91 (2.26-3.75) | 3.49 (2.65-4.59) | 3.92 (3.09-4.98) | 1.70 (0.99-2.94) |
| **6** | 1.63 (1.24-2.14) | 1.59 (1.25-2.02) | 2.04 (1.56-2.65) | 1.95 (1.58-2.41) | 1.28 (0.77-2.14) |
| **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
| **8** | 0.68 (0.51-0.92) | 0.84 (0.64-1.09) | 0.87 (0.66-1.15) | 0.99 (0.78-1.25) | 0.69 (0.42-1.14) |
| **9** | 0.65 (0.40-1.05) | 0.75 (0.40-1.39) | 1.35 (0.72-2.54) | 1.12 (0.66-1.89) | 0.73 (0.38-1.39) |
| **≥10** | 1.16 (0.70-1.92) | 2.37 (1.25-4.48) | 2.29 (1.36-3.85) | 1.06 (0.59-1.90) | 0.97 (0.46-2.07) |
| **Frequent activity limitation** | | | | | |
| **≤5** | 2.31 (1.21-4.42) | 2.87 (1.81-4.56) | 2.81 (1.77-4.47) | 2.28 (1.63-3.17) | 2.21 (1.13-4.33) |
| **6** | 1.68 (0.95-2.97) | 1.60 (1.00-2.54) | 1.60 (1.00-2.54) | 1.62 (1.24-2.12) | 1.73 (0.97-3.07) |
| **7** | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) | 1.00 (referent) |
| **8** | 0.81 (0.42-1.57) | 0.95 (0.56-1.61) | 0.90 (0.59-1.37) | 1.35 (1.02-1.79) | 1.20 (0.73-1.96) |
| **9** | 1.10 (0.49-2.48) | 2.08 (1.08-3.99) | 1.14 (0.45-2.91) | 0.90 (0.48-1.69) | 0.88 (0.48-1.59) |
| **≥10** | 1.70 (0.61-4.69) | 3.76 (1.47-9.61) | 2.25 (0.91-5.58) | 1.64 (1.01-2.66) | 1.44 (0.65-3.20) |

Abbreviations: PR-prevalence ratio; CI-confidence interval.

aFully-adjusted logistic regression model included sleep duration category, sex, race/ethnicity, education, employment status,

**household income,** marital status, leisure-time physical activity, smoking status, and BMI category.

bNine chronic conditions include coronary heart disease (CHD), stroke, cancer, chronic obstructive pulmonary disease (COPD),

diabetes, asthma, arthritis, depression, chronic kidney disease.

cUnreliable estimate if relative standard error>0.3.