|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Reactivity Category** | Total  (n = 127) | High Reactivity  ≤ -½ SD  (n = 32) | Average  Reactivity  (n = 50) | Low Reactivity  ≥ +½ SD  (n = 45) | Diff Tests |
| **Variable Name** | M (SD) or % | M (SD) or % | M (SD) or % | M (SD) or % | F/χ2 |
| **Demographics** |  |  |  |  |  |
| Sex, male (%) | 54.33 | 50.00 | 52.00 | 60.00 | 0.93 |
| Married/partnered (%) | 86.61 | 71.88 | 92.00 | 91.11 | **8.03** |
| Race, white (%) | 68.50 | 71.88 | 68.00 | 66.67 | 0.24 |
| Age | 45.24 (6.22) | 45.47 (5.81) | 45.94 (6.25) | 44.31 (6.47) | 0.84 |
| Education, college graduates (%) | 77.17 | 78.13 | 78.00 | 75.56 | 3.75 |
| Household income rangea | 8.63 (2.94) | 7.84 (3.17) | 8.92 (2.65) | 8.87 (3.05) | 1.52 |
| **Health-related variables** |  |  |  |  |  |
| Exercise frequency (%)b | 9.56 (8.66) | 7.84 (6.37) | 9.50 (9.25) | 10.84 (9.33) | 1.13 |
| Fast food consumption (3+ times/week, %) | 23.62 | 31.26 | 26.00 | 15.55 | 4.96 |
| Alcohol consumption (n/week) | 67 | 22 | 23 | 22 |  |
| # of Drinks/weekc | 4.96 (5.90) | 3.86 (4.18) | 5.70 (6.47) | 5.27 (6.77) | 0.58 |
| Smoke tobacco cigarettes (%) | 5.51 | 3.13 | 6.00 | 6.66 | 1.80 |
| Body mass index | 28.60 (5.61) | †31.00 (6.97) | §27.78 (4.47) | §27.70 (5.37) | **4.20** |
| **Sleep** |  |  |  |  |  |
| Average sleep duration (minutes) | 433.2 (50.8) | 415.99 (54.72) | 435.63 (49.10) | 442.73 (47.74) | 2.76 |
| Average sleep quality (1-4) | 2.20 (0.81) | 1.91 (0.82) | 2.40 (0.86) | 2.20 (0.69) | **3.79** |
| *Note.*  aHousehold income ranges: 7 = 100,000-109,999; 8 = 110,000-119,999; 9 = 120,000-129,999  bExercise frequency: "How many times in the past 4 weeks did you exercise enough to break a sweat?"*.*  cDrinks per week was only computed for individuals who reported at least 1 drinking day per week.  dStressor Intercept indicates the average stressor frequency on days with average sleep duration for the entire sample.  †,§ denote group differences. Groups with the same symbol do not differ. Groups with different symbols were significantly different from each other.  Bolded items were significant at *p* <.05. | | | | | |
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*Table S1*. Descriptive statistics for total sample and by stressor reactivity to poorer-than-usual sleep quality category