|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Alternative Sleep Duration A (Difference between time in bed and self-reported sleep latency) | | | | | | |
|  | Model 1 | | | Model 2 | | |
| Variable Name | *b* | *SE* | *p* | *b* | *SE* | *p* |
| High Reactivity to Shorter Sleep (≤-½*SD*) | 2.78 | 1.61 | .088 | 2.80 | 1.59 | .080 |
| Low Reactivity to Shorter Sleep (≥+½*SD*) | -0.13 | 1.30 | .921 | 0.34 | 1.27 | .788 |
| Stressor Intercept | -0.62 | 1.45 | .673 | -0.44 | 1.43 | .761 |
| Sleep Duration | 0.00 | 0.01 | .915 | -0.00 | 0.01 | .836 |
| Age (mean-centered) | -0.02 | 0.09 | .849 | 0.00 | 0.08 | .981 |
| Male | -0.30 | 1.09 | .780 | -0.11 | 1.05 | .913 |
| Nonmarried | 4.13 | 1.72 | .018 | 3.92 | 1.67 | .020 |
| Nonwhite | -1.22 | 1.09 | .265 | -1.50 | 1.09 | .175 |
| Household Income (mean-centered) | -0.18 | 0.19 | .352 | -0.20 | 0.18 | .283 |
| Lack of Exercise | -- | -- | -- | 1.38 | 1.02 | .178 |
| Fast Food | -- | -- | -- | 2.27 | 0.98 | .022 |
| Alcohol | -- | -- | -- | -1.54 | 1.15 | .182 |
| Smoke | -- | -- | -- | 1.87 | 3.21 | .561 |
| Alternative Sleep Duration B (Reported sleep hours) | | | | | | |
|  | Model 1 | | | Model 2 | | |
| Variable Name | *b* | *SE* | *p* | *b* | *SE* | *p* |
| High Reactivity to Shorter Sleep (≤-½*SD*) | 2.27 | 1.97 | .253 | 2.01 | 1.92 | .298 |
| Low Reactivity to Shorter Sleep (≥+½*SD*) | -0.33 | 1.42 | .816 | -0.43 | 1.39 | .755 |
| Stressor Intercept | -0.28 | 1.78 | .876 | -0.26 | 1.72 | .880 |
| Sleep Duration | -0.02 | 0.59 | .974 | 0.10 | 0.58 | .860 |
| Age (mean-centered) | 0.00 | 0.09 | .960 | 0.02 | 0.08 | .802 |
| Male | -0.11 | 1.08 | .921 | 0.13 | 1.05 | .903 |
| Nonmarried | 3.92 | 1.74 | .026 | 3.78 | 1.69 | .028 |
| Nonwhite | -1.54 | 1.09 | .159 | -1.89 | 1.10 | .089 |
| Household Income (mean-centered) | -0.17 | 0.19 | .370 | -0.20 | 0.18 | .284 |
| Lack of Exercise | -- | -- | -- | 1.09 | 1.03 | .289 |
| Fast Food | -- | -- | -- | 2.35 | 0.98 | .018 |
| Alcohol | -- | -- | -- | -1.81 | 1.16 | .122 |
| Smoke | -- | -- | -- | 0.72 | 3.22 | .823 |
| *Note.*  Average reactivity to shorter-than-usual sleep duration (within ± ½ *SD*) was the reference category. Stressor intercept represents the average number of stressors reported on days after average sleep duration. Alternative Sleep Duration A is the difference between calculated sleep (difference between bed time and wake time) and self-reported sleep latency. Alternative Sleep Duration B is self-reported sleep hours. Model 1 is before controlling for unhealthy behaviors. Model 2 is after controlling for unhealthy behaviors. | | | | | | |

*Table S3.* Regression table examining the relationship between stressor reactivity to shorter-than-usual sleep duration using alternative measures of sleep duration and BMI.