

**Table 1:** Characteristics of study population in sample with subjective data (N=2551) and in sample with polysomnography data (N=1422), CoLaus/HypnoLaus, 2009-2017.

	Weight gain in sample with subjective data			Weight gain in sample with PSG data		
	<5 kg (N=2247)	≥5 kg (N=304)	p-value	<5 kg (N=1255)	≥5 kg (N=167)	p-value
Male gender	1068 (47.5)	140 (46.1)	0.628	625 (49.8)	78 (46.7)	0.452
Age (years)	57.4±10.3	52.7±9.1	<0.001	58.2±10.4	53.1±9.6	<0.001
Education level			0.231			0.648
Mandatory education	281 (12.5)	48 (15.8)		154 (12.3)	21 (12.6)	
Apprenticeship	810 (36.1)	103 (33.9)		462 (36.8)	57 (34.1)	
High school	616 (27.4)	90 (29.6)		342 (27.3)	53 (31.7)	
University	540 (24.0)	63 (20.7)		297 (23.7)	36 (21.6)	
Living alone	861 (38.3)	143 (47.0)	0.003	470 (37.5)	74 (44.3)	0.087
Alternative Healthy Eating Index	32.4±9.8	29.6±9.2	<0.001	32.7±9.7	29.6±9.1	<0.001
Sedentary behavior	1250 (55.6)	182 (59.9)	0.162	687 (54.7)	89 (53.3)	0.724
Smoking			0.146			0.430
Never	975 (43.4)	123 (40.5)		542 (43.2)	67 (40.1)	
Former	826 (36.8)	106 (34.9)		493 (39.3)	64 (38.3)	
Current	446 (19.8)	75 (24.7)		220 (17.5)	36 (21.6)	
BMI at baseline	25.3±4.1	26.3±3.9	<0.001	25.5±4.1	26.5±4.3	0.002
Change in sleep duration*			0.047			0.343
Decreasing	155 (9.0)	22 (10.5)		87 (9.2)	13 (11.2)	

Maintaining	1452 (84.7)	165 (79.0)	791 (83.6)	91 (78.5)
Increasing	108 (6.3)	22 (10.5)	68 (7.2)	12 (10.3)

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BMI, body mass index. Results are expressed as N (%) for categorical variables or mean±standard deviation for continuous variables. P-values from Pearson chi2 or ANOVA when appropriate

\*N in subjective respective PSG sample = 1924/1062