

**Table 2:** Bivariate associations between 1) subjective sleep characteristics (N=2551) and 2) polysomnography-derived sleep characteristics (N=1422) and weight gain over 5 years, CoLaus/HypnoLaus, 2009-2017.

Subjective sleep characteristics	Weight gain		p-value
	<5 kg (N=2246)	≥5 kg (N=304)	
Sleep duration			0.095
<6 h	167 (7.4)	32 (10.5)	
6-8 h	1928 (85.8)	257 (84.5)	
>8 h	152 (6.8)	15 (4.9)	
Poor sleep quality (PSQI)	704 (31.3)	122 (40.1)	0.002
Excessive daytime sleepiness (ESS>10)	231 (10.3)	43 (14.1)	0.041
<b>PSG sleep characteristics</b>	<b>&lt;5 kg (N=1255)</b>	<b>≥5 kg (N=167)</b>	
Sleep duration			0.225
<6 h	98 (7.8)	19 (11.4)	
6-8 h	1063 (85.0)	139 (83.2)	
>8 h	90 (7.2)	9 (5.4)	
Stage 1 (% of total sleep time)	11.9 (6.8)	11.1 (6.1)	0.104
Stage 2 (% of total sleep time)	46.0 (9.8)	47.0 (10.1)	0.188
Slow wave sleep (% of total sleep time)	20.0 (8.2)	19.6 (7.7)	0.601
REM (% of total sleep time)	22.1 (5.8)	22.3 (6.4)	0.694
Sleep efficiency	84.7±10.4	87.1±10.0	0.004
Severity of obstructive sleep apnea			0.622
Normal	381 (30.4)	54 (32.3)	
Mild	454 (36.2)	54 (32.3)	
Moderate/severe	420 (33.5)	59 (35.3)	
Severity of oxygen desaturation			0.618
Normal	389 (31.0)	46 (27.6)	
Mild	466 (37.1)	63 (37.7)	
Moderate/severe	400 (31.9)	58 (34.7)	
Mean oxygen saturation (SpO <sub>2</sub> )	94.2±1.7	94.1±2.0	0.281
SpO <sub>2</sub> <90%	3.2±10.0	5.1±14.8	0.027
Arousal index	21.1±10.4	20.3±11.5	0.337
Autonomic arousal index	64.7±23.4	67.0±24.3	0.243
Autonomic arousal duration	0.99±0.30	1.04±0.30	0.163

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Periodic limb movement index	14.1±23.8	9.2±17.2	0.009
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PSQI, Pittsburgh sleep quality index; ESS, Epworth sleepiness scale; PSG, polysomnography; SpO<sub>2</sub><90%, percentage of sleep spent under 90% oxygen saturation.

Results are expressed as N (%) for categorical variables or mean±standard deviation for continuous variables.. P-values from Pearson chi<sup>2</sup> or ANOVA when appropriate.