

**Table 4:** Effect of subjective sleep characteristics and PSG sleep characteristics on weight change ( $\geq 5$  kg) over 5 years in the common sample (N=1259) for each variable separately, adjusted for sex, age, education, marital status, alternative healthy eating index, sedentary behavior, smoking status, and body mass index at baseline, CoLaus/HypnoLaus 2009-2017.

	<b>OR (95% CI)</b>	<b>p-value</b>
<b>Subjective sleep characteristics</b>		
Sleep duration		
<6 h	1.35 (0.75 - 2.45)	0.318
6-8 h (ref.)	1	
>8 h	1.13 (0.54 - 2.38)	0.748
Poor sleep quality (PSQI>5)	1.66 (1.16 - 2.37)	0.006
Excessive daytime sleepiness (ESS >10)	1.15 (0.72 - 1.86)	0.557
<b>PSG Sleep characteristics</b>		
Sleep duration		
<6 h	1.36 (0.90 - 2.06)	0.142
6-8 h (ref.)	1	
>8 h	0.76 (0.42 - 1.38)	0.367
Stage 1 (% of total sleep time)	0.94 (0.76 - 1.16)	0.561
Stage 2 (% of total sleep time)	1.32 (1.08 - 1.60)	0.006
Slow wave sleep (% of total sleep time)	0.82 (0.68 - 1.00)	0.045
REM (% of total sleep time)	0.91 (0.75 - 1.09)	0.309
Sleep efficiency	0.97 (0.78 - 1.20)	0.793
Severity of obstructive sleep apnea		
Normal (ref.)	1	
Mild	0.95 (0.60 - 1.52)	0.832
Moderate/severe	1.48 (0.88 - 2.49)	0.139
Oxygen desaturation index		
Normal (ref.)	1	
Mild	1.28 (0.80 - 2.05)	0.295
Moderate/severe	1.92 (1.11 - 3.32)	0.020
Mean oxygen saturation	0.95 (0.79 - 1.15)	0.601
SpO <sub>2</sub> <90%	1.27 (1.10 - 1.47)	0.001
Arousal index	1.09 (0.90 - 1.32)	0.385

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Autonomic arousal index	0.90 (0.74 - 1.10)	0.322
Autonomic arousal duration	1.26 (1.05 - 1.52)	0.013
Periodic limb movement index	0.89 (0.71 - 1.13)	0.333

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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. Statistical analysis conducted using logistic regression. Results are expressed as odds ratio (OR) and (95% confidence interval - CI).