

## SUPPLEMENTARY TABLES

**Supplementary table 1:** Characteristics of excluded and included participants. The CoLaus study, Switzerland, 2014-2017.

	Included	Excluded	P-value
Age (years)	62.2 ± 9.8	63.4 ± 10.8	<0.01
Female (%)	54.9	55.2	0.86
Professional occupation (%)	55.3	51.4	<0.01
Educational level (%)			0.09
High	21.7	20.8	
Medium	27.2	24.9	
Low	51.2	54.3	
Current smoker (%)	15.3	21.9	<0.01
Body mass index (kg/m <sup>2</sup> )	26.2 ± 4.5	26.6 ± 4.9	<0.01
Obesity (%)	17.0	20.5	<0.01

Results are expressed as percentage for categorical variables or as mean ± standard deviation for continuous variables. Between-group comparisons performed by chi-square for categorical variables and by student t-test for continuous variables.

**Supplementary table 2:** Characteristics of participants, stratified by activity status. The CoLaus study, Switzerland, 2014-2017.

	Physical activity			Sedentary behaviour		
	Low	High	P-value	High	Low	P-value
Sample size	625	1323		617	1331	
Age (years)	66.3 ± 10.2	60.3 ± 9.0	<0.01	65.5 ± 10.2	60.7 ± 9.2	<0.01
Female (%)	45.4	59.4	<0.01	39.6	62.1	<0.01
Professional occupation (%)	40.6	62.2	<0.01	43.6	60.7	<0.01
Educational level (%)			0.88			0.10
High	21.9	21.5		24.2	20.5	
Medium	26.4	27.5		27.9	26.8	
Low	51.7	50.9		48.0	52.7	
Current smoker (%)	18.6	13.8	<0.01	17.0	14.5	0.15
Body mass index (kg/m <sup>2</sup> )	27.5 ± 4.8	25.6 ± 4.2	<0.01	27.6 ± 4.8	25.6 ± 4.2	<0.01
Obesity (%)	24.5	13.5	<0.01	24.5	13.5	<0.01

Results are expressed as percentage for categorical variables or as mean ± standard deviation for continuous variables. Between-group comparisons performed by chi-square for categorical variables and by student t-test for continuous variables.

**Supplementary table 3:** Characteristics of participants, stratified by activity patterns. The CoLaus study, Switzerland, 2014-2017.

	Inactive	Weekend warrior	Regularly active	P-value
Sample size	625	442	881	
Age (years)	66.3 ± 10.2	57.8 ± 8.3	61.5 ± 9.1	<0.01
Female (%)	45.4	61.5	58.3	<0.01
Professional occupation (%)	40.6	77.4	54.6	<0.01
Educational level (%)				<0.01
High	21.9	31.7	16.5	
Medium	26.4	29.2	26.7	
Low	51.7	39.1	56.9	
Current smoker (%)	18.6	14.5	13.4	0.02
Body mass index (kg/m <sup>2</sup> )	27.5 ± 4.8	24.9 ± 4.0	25.9 ± 4.2	<0.01
Obesity (%)	24.5	11.8	14.3	<0.01

Results are expressed as percentage for categorical variables or as mean ± standard deviation for continuous variables. Between-group comparisons performed by chi-square for categorical variables and by one-way analysis of variance for continuous variables.

**Supplementary table 4:** Multivariate association of physical activity status and patterns with salivary cortisol parameters, adjusting for physical activity during the day of saliva sampling. The CoLaus study, Switzerland, 2014-2017.

	Physical activity status			Physical activity patterns			
	Low	High	P-value	Inactive	Weekend warrior	Regularly active	P-value
AUCg [nmol.hour/l]	216.6 ± 3.8	206.8 ± 2.4	0.04	217.1 ± 3.8 <sup>a</sup>	215.3 ± 4.1 <sup>a</sup>	202.7 ± 2.9 <sup>b</sup>	<0.01
Awakening response [nmol/l]	14.4 ± 0.8	13.4 ± 0.5	0.37	14.4 ± 0.8	14.0 ± 0.9	13.1 ± 0.6	0.47
Slope [nmol/l per hour]	-1.40 ± 0.05	-1.54 ± 0.03	0.03	-1.40 ± 0.05 <sup>a</sup>	-1.60 ± 0.05 <sup>b</sup>	-1.51 ± 0.04 <sup>a, b</sup>	0.03

Results are expressed as multivariable-adjusted average ± standard error. Statistical analyses performed by ANOVA, adjusted for age (continuous), gender (male/female), smoking status (no/yes), BMI (continuous), awakening time (continuous), professional occupation (no/yes), educational level (high/medium/low) and physical activity level on the day of saliva sampling (continuous). Post-hoc pairwise comparisons of multivariable-adjusted averages were performed using the method of Scheffe; values with differing subscripts differ at p<0.05.

**Supplementary table 5:** Multivariate association of activity patterns with salivary cortisol parameters, by adjusting on week day. The CoLaus study, Switzerland, 2014-2017.

	Inactive	Weekend warrior	Regularly active	P-value
AUCg [nmol.hour/l]	215.4 ± 2.9 <sup>a</sup>	216.0 ± 3.5 <sup>a</sup>	205.4 ± 2.4 <sup>b</sup>	<0.01
Awakening response [nmol/l]	13.4 ± 0.7	14.1 ± 0.8	13.8 ± 0.5	0.79
Slope [nmol/l per hour]	-1.44 ± 0.04 <sup>a</sup>	-1.61 ± 0.05 <sup>b</sup>	-1.50 ± 0.03 <sup>a, b</sup>	0.02

Results are expressed as multivariable-adjusted average ± standard error. Statistical analyses performed by multivariable ANOVA, adjusting for age (continuous), gender (male/female), smoking status (no/yes), BMI (continuous), awakening time (continuous), professional occupation (no/yes), educational level (high/medium/low), and week day (categorical). Post-hoc pairwise comparisons of multivariable-adjusted averages were performed using the method of Scheffe; values with differing subscripts differ at p<0.05.