

SUPPLEMENTARY DATA

Supplementary Table 1. Association Between Odds of Blood Glucose Level (Normal, Elevated, Hyperglycemic) and Sleep Duration (in hour increments) Controlling for Noise (n=336 mornings from 206 subjects)

Covariate	Model 1
Sleep Duration (hours)	0.87* (0.78, 0.97)
Diabetes	4.01* (2.91, 8.61)
Leq** Tertile 1	0.77 (0.40, 1.46)
Leq Tertile 3	0.77 (0.44, 1.34)
Cutpoint 1	0.05
Cutpoint 2	0.88

* indicates $p < 0.05$

** represents equivalent continuous noise Leq as recorded by the monitor

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Supplementary Table 2. Association Between Odds of Blood Glucose Level (Normal, Elevated, Hyperglycemic) and Sleep Efficiency (in 10% increments) Controlling for Noise (n=336 mornings from 206 subjects)

Covariate	Model 1
Sleep Efficiency (hours)	0.79* (0.72, 0.87)
Diabetes	5.38* (3.16, 9.17)
Leq Tertile 1	0.79 (0.41, 1.50)
Leq Tertile 3	0.75 (0.44, 1.29)
Cutpoint 1	-0.81
Cutpoint 2	0.05

* indicates p<0.05

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Supplementary Table 3. Association Between Odds of Blood Glucose Level (Normal, Elevated, Hyperglycemic) and Sleep Duration (in hour increments) Controlling for Habitual Sleep Duration (n=364 mornings from 210 subjects)

Covariate	Model 1
Sleep Duration (hours)	0.88* (0.79, 0.98)
Diabetes	4.43* (2.63, 7.46)
Reported >7 hours of sleep at home	1.40 (0.85, 2.30)
Cutpoint1	0.46
Cutpoint 2	1.21

* indicates $p < 0.05$

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Supplementary Table 4. Association Between Odds of Blood Glucose Level (Normal, Elevated, Hyperglycemic) and Sleep Efficiency (in 10% increments) Controlling for Habitual Sleep Duration (n=364 mornings from 210 subjects)

Covariate	Model 1
Sleep Efficiency (hours)	0.81* (0.74, 0.89)
Diabetes	4.69* (2.80, 7.85)
Reported >7 hours of sleep at home	1.37 (0.84, 2.25)
Cutpoint 1	-0.26
Cutpoint 2	0.51

* indicates p<0.05