

Supplementary Material

Table 1S Coefficient estimates from the regression model of the association between sleep duration at weekdays and the healthy dietary pattern including mental illness as a covariate. Variables with  $P \leq 0.01$  were deemed to be significant. Singleton Units re-assigned to nearest relevant stratum.

		Coefficient	Lower	Upper	p-value
Sleep Weekday	T1	-0.12	-0.35	0.11	0.292
Sleep Weekday	T2 (Reference)	0.00	.	.	.
Sleep Weekday	T3	-0.44	-0.77	-0.11	0.009
Sleep Weekend	T1	-0.04	-0.26	0.18	0.728
Sleep Weekend	T2 (Reference)	0.00	.	.	.
Sleep Weekend	T3	0.17	-0.10	0.44	0.217
Sex	women vs men	0.57	0.41	0.73	<0.001
Ethnicity	non-white vs white	0.35	0.10	0.59	0.006
Smoking status	Ex-regular cigarette smoker	0.70	0.45	0.94	<0.001
	Never smoker	0.79	0.59	1.00	<0.001
Socioeconomic Status	Q1	0.00	.	.	.
	Q2	-0.34	-0.60	-0.08	0.010
	Q3	-0.35	-0.63	-0.07	0.014
	Q4	-0.24	-0.52	0.04	0.091
	Q5	-0.62	-0.82	-0.42	<0.001
	Q6	0.15	-0.44	0.74	0.613
Age (years)		0.04	0.03	0.05	<0.001
BMI (kg/m <sup>2</sup> )		-0.02	-0.04	-0.01	0.001
Total Energy Intake (MJ)		0.17	0.13	0.21	<0.001
Mental Illness	Yes	-0.24	-0.71	0.22	0.305
Intercept		-2.85	-3.52	-2.17	<0.001

Table 2S Coefficient estimates from the regression model of the association between sleep duration at weekdays and the healthy dietary pattern excluding sleep at weekends as a covariate. Variables with  $P \leq 0.01$  were deemed to be significant. Singleton Units re-assigned to nearest relevant stratum.

		Coefficient	Lower	Upper	p-value
Sleep Weekday	T1	-0.16	-0.36	0.03	0.102
Sleep Weekday	T2 (Reference)	0.00	.	.	.
Sleep Weekday	T3	-0.37	-0.66	-0.07	0.015
Sex	women vs men	0.56	0.40	0.73	0.000
Ethnicity	non-white vs white	0.35	0.09	0.60	0.007
Smoking status	Ex-regular cigarette smoker	0.71	0.46	0.95	0.000
	Never smoker	0.81	0.60	1.01	0.000
Socioeconomic Status	Q1	0.00	.	.	.
	Q2	-0.35	-0.62	-0.09	0.010
	Q3	-0.37	-0.65	-0.10	0.007
	Q4	-0.24	-0.52	0.04	0.094
	Q5	-0.64	-0.84	-0.44	0.000
	Q6	0.17	-0.41	0.75	0.568
Age (years)		0.04	0.04	0.05	<0.001
BMI (kg/m <sup>2</sup> )		-0.02	-0.04	-0.01	0.001
Total Energy Intake (MJ)		0.17	0.13	0.22	<0.001
Intercept		-2.86	-3.54	-2.18	<0.001

Table 3S Coefficient estimates from the regression model of the association between sleep duration at weekdays and the healthy dietary pattern. Lower tertiles defined using  $\leq 6$ h as cut-off and upper tertile defined using  $\geq 9$ h as cut-off. Variables with  $P \leq 0.01$  were deemed to be significant. Singleton Units re-assigned to nearest relevant stratum.

		Coefficient	Lower	Upper	p-value
Sleep Weekday	T1	-0.09	-0.34	0.17	0.503
Sleep Weekday	T2 (Reference)	0.00	.	.	.
Sleep Weekday	T3	-0.47	-0.82	-0.11	0.010
Sleep Weekend	T1	-0.06	-0.32	0.20	0.665
Sleep Weekend	T2 (Reference)	0.00	.	.	.
Sleep Weekend	T3	0.23	-0.04	0.51	0.100
Sex	women vs men	0.57	0.41	0.74	<0.001
Ethnicity	non-white vs white	0.34	0.09	0.58	0.008
Smoking status	Ex-regular cigarette smoker	0.71	0.47	0.95	<0.001
	Never smoker	0.80	0.60	1.01	<0.001
Socioeconomic Status	Q1	0.00	.	.	.
	Q2	-0.35	-0.61	-0.09	0.009
	Q3	-0.37	-0.64	-0.10	0.007
	Q4	-0.24	-0.52	0.03	0.085
	Q5	-0.63	-0.83	-0.44	<0.001
	Q6	0.17	-0.44	0.77	0.589
Age (years)		0.04	0.04	0.05	<0.001
BMI (kg/m <sup>2</sup> )		-0.02	-0.04	-0.01	0.001
Total Energy Intake (MJ)		0.17	0.13	0.21	<0.001
Intercept		-3.01	-3.65	-2.38	<0.001