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| **Model 1** – Stressor Reactivity to Poorer-Than-Usual Sleep Quality | | | | | |
| Variable Name | *b* | *SE* | *t* | *p* | 95% CI |
| High Reactivity to Poorer Sleep Quality (≤-½*SD*) | 3.05 | 2.02 | 1.51 | 0.13 | [-0.95, 7.06] |
| Low Reactivity to Poorer Sleep Quality (≥+½*SD*) | -0.37 | 1.38 | -0.27 | 0.79 | [-3.11, 2.36] |
| Stressor Intercept | -0.80 | 1.91 | -0.42 | 0.68 | [-4.57, 2.97] |
| Sleep Quality | -0.01 | 1.24 | -0.01 | 0.99 | [-2.46, 2.44] |
| Age | 0.03 | 0.09 | 0.30 | 0.77 | [-0.14, 0.20] |
| Male | -0.49 | 1.09 | -0.45 | 0.65 | [-2.65, 1.66] |
| Nonmarried | 3.24 | 1.73 | 1.88 | 0.06 | [-0.18, 6.67] |
| Nonwhite | -1.51 | 1.09 | -1.39 | 0.17 | [-3.66, 0.65] |
| Household Income | -0.18 | 0.19 | -0.93 | 0.35 | [-0.55, 0.20] |
| **Model 2** – Stressor Reactivity to Poorer-Than-Usual Sleep Quality Controlling for Unhealthy Behaviors | | | | | |
| High Reactivity to Poorer Sleep Quality (≤-½*SD*) | 3.04 | 1.98 | 1.53 | 0.13 | [-0.89, 6.96] |
| Low Reactivity to Poorer Sleep Quality (≥+½*SD*) | -0.06 | 1.34 | -0.04 | 0.97 | [-2.71, 2.60] |
| Stressor Intercept | -0.59 | 1.85 | -0.32 | 0.75 | [-4.25, 3.07] |
| Sleep Quality | -0.59 | 1.85 | -0.32 | 0.75 | [-4.25, 3.07] |
| Age | 0.04 | 0.08 | 0.52 | 0.61 | [-0.12, 0.21] |
| Male | -0.21 | 1.06 | -0.19 | 0.85 | [-2.30, 1.89] |
| Nonmarried | 3.03 | 1.69 | 1.79 | 0.08 | [-0.32, 6.37] |
| Nonwhite | -1.85 | 1.10 | -1.69 | 0.09 | [-4.03, 0.32] |
| Household Income | -0.20 | 0.18 | -1.11 | 0.27 | [-0.56, 0.16] |
| Lack of Exercise | 1.10 | 1.02 | 1.08 | 0.28 | [-0.92, 3.12] |
| Fast Food | 2.30 | 0.97 | 2.36 | **0.02** | [0.37, 4.22] |
| Alcohol | -1.96 | 1.15 | -1.71 | 0.09 | [-4.24, 0.31] |
| Smoke | 1.81 | 3.18 | 0.57 | 0.57 | [-4.49, 8.11] |
| *Note.*  Average reactivity to poorer-than-usual sleep quality (within ± ½ *SD*) was used as the reference category. Stressor intercept represents the average number of stressors reported on days after average sleep duration. Age and household income are mean-centered. Items with bolded p-values were significant at p < .05. | | | | | |

*Table S2.* Regression table examining the relationship between stressor reactivity to poorer-than-usual sleep quality and BMI