**CM and DQ Sleep/Diet Analysis: Added Diet Variables and HEI**

**Diet-Sleep Analysis**

Research Question 1: Does diet influence sleep?

Data Location: in sheet labeled Diet-sleep

**Predictor variables, continuous (in sheet labeled Diet-sleep):**

1. Caffeine (column AC) [Sheet Diet-sleep]
2. Whole grains (column CY) [Sheet Diet-sleep]
3. Refined grains (column CZ) [Sheet Diet-sleep]
4. Poultry (column DF) [Sheet Diet-sleep]
5. Soy (column DJ) [Sheet Diet-sleep]
6. Legumes (column DL) [Sheet Diet-sleep]
7. Red and processed meat (column DU) [Sheet Diet-sleep]
8. Seafood (column DV) [Sheet Diet-sleep]
9. Saturated: Unsaturated fat ratio (column DW) [Sheet Diet-sleep]
10. Long chain omega 3 fatty acids (column DX) [Sheet Diet-sleep]
11. Healthy eating index (HEI) total score (needs to be calculated) [Sheet Diet-sleep]

**Outcome variables:**

1. Sleep efficiency (column EH) [Sheet Diet-sleep]
2. Total sleep time (column EI) [Sheet Diet-sleep]
3. Wake after sleep onset (column EJ) [Sheet Diet-sleep]
4. Sleep fragmentation index (column EK) [Sheet Diet-sleep]

**Covariates (in sheet labeled Diet-sleep):**

1. Energy (column W): Adjust for Energy for all diet variables
2. Age (column G): Remove if not significant
3. Sex (column C): Remove if not significant
4. BMI (column I): Remove if not significant
5. Condition (column J): Remove if not significant

**Sleep-Diet Analysis**

Research Question 2: Does sleep influence diet?

Data Location: in sheet labeled Sleep-diet

**Predictor variables, continuous (in sheet labeled Sleep-diet):**

1. Sleep efficiency (column EH) [Sheet Sleep-diet]
2. Total sleep time (column EI) [Sheet Sleep-diet]
3. Wake after sleep onset (column EJ) [Sheet Sleep-diet]
4. Sleep fragmentation index (column EK) [Sheet Sleep-diet]

**Outcome variables (in sheet labeled Sleep-diet):**

1. Caffeine (column AC) [Sheet Sleep-diet]
2. Whole grains (column CY) [Sheet Sleep-diet]
3. Refined grains (column CZ) [Sheet Sleep-diet]
4. Poultry (column DF) [Sheet Sleep-diet]
5. Soy (column DJ) [Sheet Sleep-diet]
6. Legumes (column DL) [Sheet Sleep-diet]
7. Red and processed meat (column DU) [Sheet Sleep-diet]
8. Seafood (column DV) [Sheet Sleep-diet]
9. Saturated: Unsaturated fat ratio (column DW) [Sheet Sleep-diet]
10. Long chain omega 3 fatty acids (column DX) [Sheet Sleep-diet]
11. Healthy eating index (HEI) total score (needs to be calculated) [Sheet Sleep-diet]

**Covariates (in sheet labeled Sleep-diet):**

1. Energy (column W): Adjust for Energy for all diet variables
2. Age (column G): Remove if not significant
3. Sex (column C): Remove if not significant
4. BMI (column I): Remove if not significant
5. Condition (column J): Remove if not significant