**CM and DQ Sleep/Diet Analysis**

**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. Energy (column N) [Sheet Diet-sleep]
2. Food weight - no beverages (column O) [Sheet Diet-sleep]
3. Energy density (column Q) [Sheet Diet-sleep]
4. Protein (column R) [Sheet Diet-sleep]
5. Fat (column S) [Sheet Diet-sleep]
6. Carbohydrate (column T) [Sheet Diet-sleep]
7. Plant protein (column U) [Sheet Diet-sleep]
8. Animal protein (column V) [Sheet Diet-sleep]
9. Fiber (column X) [Sheet Diet-sleep]
10. Calcium (column Y) [Sheet Diet-sleep]
11. Magnesium (column Z) [Sheet Diet-sleep]
12. Sodium (column AB) [Sheet Diet-sleep]
13. Zinc (column AC) [Sheet Diet-sleep]
14. Vitamin B6 (column AE) [Sheet Diet-sleep]
15. Vitamin B12 (column AG) [Sheet Diet-sleep]
16. Saturated fat (column AH) [Sheet Diet-sleep]
17. Unsaturated fat (column AK) [Sheet Diet-sleep]
18. Vitamin D (column AL) [Sheet Diet-sleep]
19. Fruits (column AM) [Sheet Diet-sleep]
20. Vegetables (column AN) [Sheet Diet-sleep]
21. Fruits and vegetables (column AO) [Sheet Diet-sleep]
22. Eggs (column AP) [Sheet Diet-sleep]
23. Nuts (column AQ) [Sheet Diet-sleep]
24. Dairy (column AR) [Sheet Diet-sleep]
25. Added sugar (column AS) [Sheet Diet-sleep]

**Outcome variables:**

1. Sleep efficiency (column BC) [Sheet Diet-sleep]
2. Total sleep time (column BD) [Sheet Diet-sleep]
3. Wake after sleep onset (column BE) [Sheet Diet-sleep]
4. Sleep fragmentation index (column BF) [Sheet Diet-sleep]

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

1. Age (column G)
2. Sex (column C)
3. BMI (column I)
4. Condition (column J)

\*Remove any covariate that is not significant

**Please conduct these analyses in:**

* + The whole sample
  + If condition is significant, repeat the analysis in DQ and CM - Aligned condition only (column J)

**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 BC) [Sheet Sleep-diet]
2. Total sleep time (column BD) [Sheet Sleep-diet]
3. Wake after sleep onset (column BE) [Sheet Sleep-diet]
4. Sleep fragmentation index (column BF) [Sheet Sleep-diet]

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

1. Energy (column N) [Sheet Sleep-diet]
2. Food weight - no beverages (column O) [Sheet Sleep-diet]
3. Energy density (column Q) [Sheet Sleep-diet]
4. Protein (column R) [Sheet Sleep-diet]
5. Fat (column S) [Sheet Sleep-diet]
6. Carbohydrate (column T) [Sheet Sleep-diet]
7. Plant protein (column U) [Sheet Sleep-diet]
8. Animal protein (column V) [Sheet Sleep-diet]
9. Fiber (column X) [Sheet Sleep-diet]
10. Calcium (column Y) [Sheet Sleep-diet]
11. Magnesium (column Z) [Sheet Sleep-diet]
12. Sodium (column AB) [Sheet Sleep-diet]
13. Saturated fat (column AH) [Sheet Sleep-diet]
14. Unsaturated fat (column AK) [Sheet Sleep-diet]
15. Fruits (column AM) [Sheet Sleep-diet]
16. Vegetables (column AN) [Sheet Sleep-diet]
17. Fruits and vegetables (column AO) [Sheet Sleep-diet]
18. Eggs (column AP) [Sheet Sleep-diet]
19. Dairy (column AR) [Sheet Sleep-diet]
20. Added sugar (column AS) [Sheet Sleep-diet]

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

1. Age (column G)
2. Sex (column C)
3. BMI (column I)
4. Condition (column J)

\*Remove any covariate that is not significant

**Please conduct these analyses in:**

* + The whole sample
  + If condition is significant, repeat the analysis in DQ and CM - Aligned condition only (column J)