**CM Sleep and Diet Analysis**

**Research Question 1:** Does alignment condition (aligned vs. misaligned) influence dietary intakes (variables listed below)?

Data Location: in sheet labeled Diet

**Exposure variables (in sheet labeled Diet):**

1. Condition (column I)
2. Week (column K)
3. Condition x Week interaction

**Outcome variable (in sheet labeled Diet):**

1. Food weight (column L) [Sheet Diet]
2. Energy (column M) [Sheet Diet]
3. Food weight - no beverages (column N) [Sheet Diet]
4. Energy – no beverages (column O) [Sheet Diet]
5. Energy density (column P) [Sheet Diet]
6. Protein (column Q) [Sheet Diet]
7. Fat (column R) [Sheet Diet]
8. Carbohydrate (column S) [Sheet Diet]
9. Plant protein (column T) [Sheet Diet]
10. Animal protein (column U) [Sheet Diet]
11. Sugar (column V) [Sheet Diet]
12. Fiber (column W) [Sheet Diet]
13. Calcium (column X) [Sheet Diet]
14. Magnesium (column Y) [Sheet Diet]
15. Potassium (column Z) [Sheet Diet]
16. Sodium (column AA) [Sheet Diet]
17. Zinc (column AB) [Sheet Diet]
18. Vitamin C (column AC) [Sheet Diet]
19. Vitamin B6 (column AD) [Sheet Diet]
20. Folate (column AE) [Sheet Diet]
21. Vitamin B12 (column AF) [Sheet Diet]
22. Saturated fat (column AG) [Sheet Diet]
23. Monounsaturated fat (column AH) [Sheet Diet]
24. Polyunsaturated fat (column AI) [Sheet Diet]
25. Unsaturated fat (column AJ) [Sheet Diet]
26. Vitamin D (column AK) [Sheet Diet]
27. Fruits (column AL) [Sheet Diet]
28. Vegetables (column AM) [Sheet Diet]
29. Fruits and vegetables (column AN) [Sheet Diet]
30. Eggs (column AO) [Sheet Diet]
31. Nuts (column AP) [Sheet Diet]
32. Dairy (column AQ) [Sheet Diet]
33. Added sugar (column AR) [Sheet Diet]

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

1. Energy (column M): Adjust for Energy for all diet variables (Columns L-AR), except for Energy (Column M)
2. Phase (column J): Remove if not significant

**Research Question 2:** Does alignment condition (aligned vs. misaligned) influence sleep measures (variables listed below)?

Data Location: in sheet labeled Sleep

**Exposure variables (in sheet labeled Sleep):**

1. Condition (column I)
2. Week (column K)
3. Condition x Week interaction

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

1. Latency (column O) [Sheet Sleep]
2. Efficiency (column P) [Sheet Sleep]
3. TIB (column Q) [Sheet Sleep]
4. TST (column R) [Sheet Sleep]
5. WASO (column S) [Sheet Sleep]
6. Number of awakenings (column T) [Sheet Sleep]
7. Awakening length (column U) [Sheet Sleep]
8. Movement index (column V) [Sheet Sleep]
9. SFI (column W) [Sheet Sleep]
10. Fragmentation index (column X) [Sheet Sleep]

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

1. Phase (column J): Remove if not significant