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| **Table S1.** Cut-points for quantiles of sleep parameters |
|  | **Total Sleep Time**(minutes) | **Nocturnal Sleep Time**(minutes) | **Sleep Efficiency**(%) | **Wake After Sleep Onset**(minutes) | **Activity Counts during sleep**(counts) | **Sleep Fragmentation Index**(%) |
| **Q1** | ≤419 | ≤400 | ≤86 | ≤44 | ≤27 880 | ≤24 |
| **Q2** | 420 - 477 | 401 - 477 | 85 - 89 | 45 - 58 | 27 881 – 36 939 | 25 - 29 |
| **Q3** | ≥478 | ≥456 | ≥90 | ≥59 | ≥36 940 | ≥30 |