**Table S1: Proportion of participants with hypertension categorized by groups of sleep duration in participants with BMI z-score > 1 (overweight or obesity)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Periods** | **Sleep duration** | **Both genders** | ***P*-****value** | **Males** | ***P*-****value** | **Females** | ***P*-****value** |
| **Normal****N = 729** | **High blood pressure****N = 174** | **Normal****N = 383** | **High blood pressure****N = 126** | **Normal****N = 346** | **High blood pressure****N = 48** |
| Weekdays | C: >8 hours, N (%) | 480 (65.8) | 114 (65.5) | 0.112 | 262 (68.4) | 85 (67.5) | **0.022** | 218 (63) | 29 (60.4) | 0.902 |
| B: 6-8 hours, N (%) | 235 (32.2) | 52 (29.9) |  | 116 (30.3) | 34 (27) |  | 119 (34.4) | 18 (37.5) |  |
| A: <6 hours, N (%) | 14 (1.9) | 8 (4.6) |  | 5 (1.3) | 7 (5.5) |  | 9 (2.6) | 1 (2.1) |  |
| Weekends | C: >8 hours, N (%) | 553 (75.9) | 125 (71.8) | 0.359 | 283 (73.9) | 91 (72.2) | 0.653 | 270 (78) | 34 (70.8) | 0.335 |
| B: 6-8 hours, N (%) | 158 (21.7) | 46 (26.4) |  | 86 (22.5) | 32 (25.4) |  | 72 (20.8) | 14 (29.2) |  |
| A: <6 hours, N (%) | 18 (2.5) | 3 (1.7) |  | 14 (3.7) | 3 (2.4) |  | 4 (1.2) | 0 |  |
| Average | C: >8 hours, N (%) | 545 (74.8) | 132 (75.9) | 0.31 | 289 (75.5) | 97 (77) | 0.199 | 256 (74) | 35 (72.9) | 0.987 |
| B: 6-8 hours, N (%) | 171 (23.5) | 36 (20.7) |  | 88 (23) | 24 (19) |  | 83 (24) | 12 (25) |  |
| A: <6 hours, N (%) | 13 (1.8) | 6 (3.4) |  | 6 (1.6) | 5 (4) |  | 7 (2) | 1 (2.1) |  |

**Bold text**, statistical significance (*p*-value ≤ 0.05)

**Table S2: Multivariate analysis the effect of sleep duration on weekdays with high blood pressure categorized by BMI status**

|  |  |  |  |
| --- | --- | --- | --- |
| **BMI****z-score** | **Factors** | **Male participants** | **Female participants** |
| **Univariate model****OR (95% CI)** | **Multivariate model 2\*****OR (95% CI)** | **Univariate model****OR (95% CI)** | **Multivariate model 2\*****OR (95% CI)** |
|  | WD sleep duration > 8 hours/day (C) | 1 | 1 | 1 | 1 |
| <1 | WD sleep duration 6 - 8 hours/day (B) | 0.73 (0.45-1.18) | 0.62 (0.36-1.08) | **0.47 (0.24-0.93)** | 0.62 (0.29-1.32) |
|  | WD sleep duration < 6 hours/day (A) | 2.09 (0.84-5.20) | 2.25 (0.81-6.31) | 0.81 (0.11-6.12) | 1.04 (0.13-8.14) |
|  | WD sleep duration > 8 hours/day (C) | 1 | 1 | 1 | 1 |
| ≥1 | WD sleep duration 6 - 8 hours/day (B) | 0.90 (0.57-1.42) | 0.95 (0.55-1.64) | 1.14 (0.61-6.83) | 1.17 (0.55-2.52) |
|  | WD sleep duration < 6 hours/day (A) | **4.32 (1.34-13.95)** | **8.92 (1.89-42.15)** | 0.84 (0.10-6.83) | 2.02 (0.22-18.17) |

WD, weekdays

\*Multivariate analysis adjusted for BMI and lipid profile