

S2 Table. Unadjusted odd ratios of sleep duration for food consumption using multiple logistic regression analysis with complex sampling (Reference of food frequency = 0 time a week).

Factors	AOR (95% Confidence interval) of Sleep time					P-value
	6(-) h	6 h	7 h	8 h	9+ h	
Fruits (%)						<0.001*
≥5 times a week	0.95 (0.87-1.04)	0.89 (0.82-0.97)	0.92 (0.84-1.00)	1.06 (0.97-1.16)	1	
3-6 times a week	1.06 (0.97-1.16)	1.09 (0.99-1.19)	1.07 (0.98-1.18)	1.15 (1.04-1.26)	1	
1-2 times a week	1.13 (1.03-1.24)	1.14 (1.05-1.25)	1.11 (1.01-1.21)	1.04 (0.95-1.14)	1	
Soda (%)						<0.001*
≥5 times a week	1.07 (0.96-1.20)	1.12 (1.02-1.24)	1.14 (1.04-1.26)	1.01 (0.92-1.12)	1	
3-6 times a week	1.02 (0.94-1.10)	1.20 (1.12-1.29)	1.25 (1.17-1.33)	1.10 (1.02-1.18)	1	
1-2 times a week	1.02 (0.96-1.08)	1.14 (1.08-1.21)	1.21 (1.14-1.28)	1.08 (1.02-1.15)	1	
Soft drinks (%)						<0.001*
≥5 times a week	1.90 (1.73-2.09)	1.66 (1.52-1.81)	1.39 (1.28-1.52)	1.14 (1.04-1.25)	1	
3-6 times a week	1.52 (1.41-1.64)	1.49 (1.39-1.60)	1.35 (1.25-1.45)	1.15 (1.07-1.24)	1	

1-2 times a week	1.28 (1.20-1.36)	1.32 (1.25-1.41)	1.24 (1.17-1.32)	1.15 (1.08-1.23)	1	
Fast food (%)						<0.001*
≥5 times a week	1.26 (.09-1.46)	1.21 (1.05-1.39)	0.94 (0.81-1.09)	0.81 (0.70-0.94)	1	
3-6 times a week	1.45 (1.33-1.58)	1.51 (1.39-1.64)	1.29 (1.19-1.40)	1.06 (0.98-1.16)	1	
1-2 times a week	1.33 (1.26-1.41)	1.38 (1.31-1.46)	1.30 (1.23-1.37)	1.13 (1.07-1.19)	1	
Instant noodle (%)						<0.001*
≥5 times a week	0.66 (0.59-0.75)	0.71 (0.63-0.80)	0.87 (0.78-0.97)	0.93 (0.83-1.05)	1	
3-6 times a week	0.67 (0.62-0.73)	0.85 (0.79-0.91)	1.03 (0.95-1.10)	1.15 (1.07-1.24)	1	
1-2 times a week	0.79 (0.75-0.84)	0.95 (0.89-1.00)	1.05 (0.99-1.11)	1.11 (1.05-1.18)	1	
Confectionaries (%)						<0.001*
≥5 times a week	1.53 (1.39-1.67)	1.40 (1.28-1.53)	1.14 (1.04-1.24)	1.07 (0.97-1.17)	1	
3-6 times a week	1.39 (1.29-1.49)	1.36 (1.27-1.46)	1.24 (1.16-1.32)	1.13 (1.05-1.21)	1	
1-2 times a week	1.23 (1.15-1.31)	1.26 (1.18-1.35)	1.17 (1.10-1.25)	1.10 (1.03-1.18)	1	
Vegetables (%)						<0.001*
≥5 times a week	0.94 (0.84-1.06)	0.96 (0.85-1.08)	1.07 (0.95-1.20)	1.11 (0.98-1.26)	1	
3-6 times a week	1.00 (0.89-1.13)	1.10 (0.97-1.24)	1.25 (1.11-1.41)	1.14 (1.00-1.31)	1	

1-2 times a week	0.98 (0.87-1.11)	1.12 (0.99-1.28)	1.25 (1.10-1.43)	1.19 (1.04-1.37)	1
Milk (%)					<0.001*
≥5 times a week	0.51 (0.47-0.55)	0.57 (0.53-0.62)	0.73 (0.68-0.79)	0.97 (0.90-1.04)	1
3-6 times a week	0.79 (0.73-0.86)	0.86 (0.79-0.93)	1.00 (0.92-1.08)	1.11 (1.02-1.21)	1
1-2 times a week	0.91 (0.84-0.98)	0.98 (0.91-1.06)	1.03 (0.96-1.12)	1.05 (0.96-1.14)	1

* Significance at $P < 0.05$