

Supplementary Table 1. Descriptive information on the study cohort based on the National Health and Nutrition Examination Survey and the National Death Index in the United States from 2009 through 2018

| | Death | Non-death |
|--|--------------|----------------|
| Total | 1292 (9.24) | 12,655 (90.54) |
| Sleep duration (hr) | | |
| ≤5 | 188 (1.35) | 1,556 (11.13) |
| >5 and <7 | 200 (1.43) | 2,596 (18.57) |
| ≥7 and ≤8 | 586 (4.19) | 6,213 (44.45) |
| > 8 | 316 (2.26) | 2,282 (16.33) |
| Age group (hr) | | |
| 50–64 | 276 (1.97) | 7,102 (50.81) |
| 65–74 | 301 (2.15) | 3,352 (23.98) |
| 75 or older | 715 (5.12) | 2,201 (15.75) |
| Sex | | |
| Male | 758 (5.42) | 6,095 (43.61) |
| Female | 534 (3.82) | 6,560 (46.93) |
| Race/ethnicity | | |
| Non-Hispanic White | 757 (5.42) | 5,180 (37.06) |
| Non-Hispanic Black | 273 (1.95) | 2,808 (20.09) |
| Others* | 262 (1.87) | 4,667 (33.39) |
| Household income (\$) | | |
| 0 to 1,649 | 544 (3.89) | 3,839 (27.47) |
| 1,650 to 4,599 | 447 (3.2) | 4,382 (31.35) |
| 4,600 and over | 183 (1.31) | 3,090 (22.11) |
| Body mass index (kg/m ²) | | |
| <18.5 | 131 (0.94) | 305 (2.18) |
| ≥18.5 and <23.0 | 360 (2.58) | 2,835 (20.28) |
| ≥23.0 | 801 (5.73) | 9,515 (68.08) |
| Current smoking | | |
| Yes | 222 (1.59) | 2,042 (14.61) |
| No | 1,070 (7.66) | 10,612 (75.92) |
| Average number of alcoholic drinks per day | | |
| 1–4 | 457 (3.27) | 6,383 (45.67) |
| 5–9 | 36 (0.26) | 483 (3.46) |
| 10 or more | 6 (0.04) | 124 (0.89) |
| Hypertension | | |
| Yes | 887 (6.35) | 6,901 (49.37) |
| No | 401 (2.87) | 5,739 (41.06) |
| High cholesterol level | | |
| Yes | 631 (4.51) | 6,423 (45.95) |
| No | 589 (4.21) | 5,775 (41.32) |
| Diabetes | | |
| Yes | 395 (2.83) | 2,882 (20.62) |
| No | 852 (6.1) | 9,288 (66.45) |
| White blood cell counts (100 cells/μL) | 7.01±5.48 | 7.08±3.51 |
| Red blood cell count (million cells/μL) | 3.97±1.36 | 4.47±1.06 |
| Hemoglobin (g/dL) | 12.16±4.12 | 13.33±3.19 |

Values are presented as number (%) or mean±standard deviation. Death: death within a 5-year follow-up period. *Mexican American, other Hispanic, and the other race