|  |
| --- |
| **Table S1**. Age- and sex-adjusted associations of the timing of evening eating with BMI z-score and waist-to-height ratio. |
|  |  |  Age- and sex-adjusted model N=595–598 |
| Exposure | Outcome | Estimate | 95% CI | P value |
| Last EOa | BMI z-score | -0.050 | -0.175; 0.076 | 0.378 |
|  | WHtR | -0.001 | -0.005; 0.003 | 0.659 |
| Evening latencyb | BMI z-score | -0.190 | -0.325; -0.056 | 0.004 |
|  | WHtR | -0.005 | -0.009; -0.001 | 0.021 |
| %TDEI around sleep onsetc | BMI z-score |  0.011 |  0.001; 0.021 | 0.032 |
| WHtR |  0.0003 |  >0.000; 0.001 | 0.040 |
| Abbreviations: EO, eating occasion; WHtR, waist-to-height ratio; %TDEI, percentage of total daily energy intake.Linear mixed effects models with family as a random effect (R package “lme4”).a) Clock time of last eating occasionb) Time between last eating occasion and sleep onset (negative value if last eating occasion after sleep onset)c) Relative energy intake two hours before sleep onset or later |

|  |
| --- |
| **Table S2**. Descriptives of children excluded from the analytic sample (N=237), and a p value from a test comparing the mean/distribution with the analytic sample (N=627). |
|  | N (%) | Mean (SD) / median (Q1/Q3) | P value from Chi-squared test | P value from T-test or Mann-Whitney U test |
| Child’s sex |  |  | 0.753 |  |
|  | Boy | 121 (51) |  |  |  |
|  | Girl | 115 (49) |  |  |  |
| Highest education level in the familya |  |  | 0.126 |  |
|  | Low | 66 (28) |  |  |  |
|  | Middle | 91 (38) |  |  |  |
|  | High | 77 (33) |  |  |  |
| Child’s age (years) |  | 4.7 (0.9) |  | 0.863 |
| BMI z-scoreb |  | -0.09 (1.1) |  | 0.380 |
| Waist-to-height ratioc |  | 0.49 (0.46/0.51) |  | 0.266 |
| a) Low (comprehensive, vocational, or high school), middle (bachelor’s degree or equivalent), high (master’s degree or licentiate/doctor)b) Finnish references (1)c) Median, quartile 1, and quartile 3 are presented |

Reference:

1. Saari A, Sankilampi U, Hannila ML, Kiviniemi V, Kesseli K, Dunkel L. New Finnish growth references for children and adolescents aged 0 to 20 years: Length/height-for-age, weight-for-length/height, and body mass index-for-age. Ann Med. 2011 May;43(3):235–48.