

Supplemental Table 3. Linear regression models of sleep variables, VLBW vs controls

Bed Time			Controls (n = 341)	VLBW (n = 33)	
n = 374	Model	Units	Mean (SD)	B (95% CI)	p
		h:min:sec	00:09:50 (1:17:23)		
	1	h:min:sec		0:05:26 (-0:22:35 to 0:33:28)	0.703
	2	h:min:sec		0:10:14 (-0:25:40 to 0:46:08)	0.575
	3	h:min:sec		0:09:59 (-0:25:55 to 0:45:53)	0.585
Get up time			Controls (n = 341)	VLBW (n = 33)	
n = 374	Model	Units	Mean (SD)	B (95% CI)	p
		h:min:sec	8:23:55 (1:31:30)		
	1	h:min:sec		0:26:13 (-0:07:02 to 0:59:27)	0.122
	2	h:min:sec		0:08:10 (-0:32:03 to 0:48:24)	0.690
	3	h:min:sec		0:07:59 (-0:32:16 to 0:48:15)	0.697
Actual sleep time			Controls (n = 341)	VLBW (n = 33)	
n = 374	Model	Units	Mean (SD)	B (95% CI)	p
		h:min:sec	7:03:02 (0:51:14)		
	1	h:min:sec		0:22:08 (0:03:55 to 0:40:21)	0.017
	2	h:min:sec		0:05:15 (-0:16:34 to 0:27:04)	0.636
	3	h:min:sec		0:05:23 (-0:16:26 to 0:27:12)	0.628
Wake after sleep onset			Controls (n = 341)	VLBW (n = 33)	
n = 374	Model	Units	Mean (SD)	B (95% CI)	p
		h:min:sec	0:59:48 (0:28:26)		
	1	h:min:sec		-0:00:16 (-0:09:17 to 0:08:44)	0.952
	2	h:min:sec		-0:02:24 (-0:13:31 to 0:08:43)	0.671
	3	h:min:sec		-0:02:27 (-0:13:35 to 0:08:41)	0.665
Sleep midpoint weekday			Controls (n = 341)	VLBW (n = 33)	
n = 374	Model	Units	Mean (SD)	B (95% CI)	p
		h:min:sec	04:06:48 (1:22:06)		
	1	h:min:sec		0:16:26 (-0:13:52 to 0:46:44)	0.287
	2	h:min:sec		0:08:21 (-0:28:22 to 0:45:05)	0.655
	3	h:min:sec		0:08:07 (-0:28:37 to 0:44:51)	0.664
Sleep midpoint weekend			Controls (n = 302)	VLBW (n = 32)	
n = 334	Model	Units	Mean (SD)	B (95% CI)	p
		h:min:sec	05:14:09 (1:32:40)		
	1	h:min:sec		0:12:06 (-0:22:13 to 0:46:25)	0.489
	2	h:min:sec		0:01:11 (-0:40:25 to 0:42:47)	0.955
	3	h:min:sec		0:01:05 (-0:40:34 to 0:42:44)	0.959
Catch-up			Controls (n = 302)	VLBW (n = 32)	
n = 334	Model	Units	Mean (SD)	B (95% CI)	p
		h:min:sec	0:20:34 (1:31:40)		
	1	h:min:sec		0:33:57 (-0:01:03 to 1:08:57)	0.057
	2	h:min:sec		0:47:10 (0:04:16 to 1:30:03)	0.031
	3	h:min:sec		0:47:25 (0:04:35 to 1:30:15)	0.030

Early preterm <34 weeks of gestation, late preterm 34 to <37 weeks of gestation, control ≥37 weeks of gestation.

The time shown in the VLBW-group is relative to the control group, a negative value is earlier, a positive value is later.

Model 1 = adjusted for age, sex and cohort (AYLS, Northern Finland Birth Cohort, 1987-89 cohort)

Model 2 = adjusted for variables in model 1 + parental education level (11 missing) + maternal smoking during pregnancy (5 missing) + maternal bmi before pregnancy (5 missing) + birth weight standard deviation score + being the first-born child + maternal hypertension during pregnancy (16 missing) + maternal diabetes during pregnancy (9 missing)

Model 3 = adjusted for variables in model 2 + participant BMI

SD, standard deviation; CI, confidence interval; BMI, body mass index (kg/m²)