**Supplementary tables**

**Supplementary table 1.**Nap frequency and CV events in subjects sleeping less than 6 h per night (n=290).

|  |  |  |  |
| --- | --- | --- | --- |
|  | **CV event** | | **p-value** |
|  | **No (n=274)** | **Yes (n=16)** |  |
| Nap frequency |  |  | 0.532 |
| Never | 152 (93.3) | 11 (6.8) |  |
| 1-2 weekly | 53 (96.4) | 2 (3.6) |  |
| 3-5 weekly | 29 (100) | 0 (0) |  |
| 6-7 weekly | 40 (93.0) | 3 (7.0) |  |

Results are expressed as number of subjects and (column percentage). P-values from Fisher’s exact.

**Supplementary table 2.** Characteristics of the included and excluded subjects.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Included (n=3462)** | **Excluded (n=1602)** | **p-value** |
| Age (years) | 57.1 ± 10.3 | 59.2 ± 10.9 | <0.001 |
| Men (%) | 1559 (45) | 798 (49.8) | 0.002 |
| Educational status (%) |  |  | <0.001 |
| High | 803 (23.2) | 276 (17.3) |  |
| Middle | 940 (27.2) | 366 (22.9) |  |
| Low | 1719 (49.7) | 955 (59.8) |  |
| Smoker (%) | 691 (20.0) | 398 (25.8) | <0.001 |
| Sedentary behavior (%) | 1970 (56.9) | 435 (60.5) | 0.076 |
| Body mass index (kg/m2) | 25.8 ± 4.4 | 27.0 ± 5.0 | <0.001 |
| Average sleep duration (hours) | 7.0 ± 1.1 | 7.1 ± 1.3 | <0.001 |
| Nap frequency (%) |  |  | <0.001 |
| Never | 2014 (58.2) | 414 (57.7) |  |
| 1-2 weekly | 667 (19.3) | 100 (13.9) |  |
| 3-5 weekly | 411 (11.9) | 90 (12.5) |  |
| 6-7 weekly | 370 (10.7) | 114 (15.9) |  |

Results are expressed as number of subjects (%) or mean ± standard deviation. P-values from Pearson chi2 or ANOVA when appropriate.

**Supplementary table 3.** Sensitivity analyses regarding the effect of frequency of napping and average nap duration on cardiovascular events.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Sensitivity 1 (n=1659)** | **Sensitivity 2**  **(n=3289)** | **Sensitivity 3 (n=903)** | **Sensitivity 4 (n=1448)** | **Sensitivity 5 (n=3172)** | **Sensitivity 6 (n=3210)** |
| Nap frequency |  |  |  |  |  |  |
| No nap | 1 | 1 | 1 | - | 1 | 1 |
| 1-2 weekly | 0.47 (0.20-1.10) | **0.46 (0.24-0.89)** | 0.82 (0.37-1.83) | 1 | **0.51 (0.26-0.99)** | **0.46 (0.24 - 0.90)** |
| 3-5 weekly | 0.85 (0.42-1.70) | 0.90 (0.56-1.44) | 0.85 (0.46-1.58) | 1.70 (0.82-3.52) | 1.00 (0.62-1.61) | 0.94 (0.59 - 1.51) |
| 6-7 weekly | 0.97 (0.53-1.77) | 0.86 (0.55-1.35) | 0.67 (0.38-1.20) | 1.68 (0.80-3.48) | 0.92 (0.58-1.46) | 0.89 (0.56 - 1.40) |
| Average daily nap duration over a week |  |  |  |  |  |  |
| No nap | 1 | 1 | 1 | - | 1 | 1 |
| 5 min-<1h | 0.72 (0.43-1.22) | 0.79 (0.55-1.14) | 0.83 (0.51-1.35) | 1 | 0.88 (0.61-1.28) | 0.83 (0.58 - 1.20) |
| ≥1h | 1.06 (0.52-2.17) | 0.70 (0.39-1.25) | 0.65 (0.32-1.29) | 0.81 (0.44-1.48) | 0.71 (0.39-1.29) | 0.67 (0.37 - 1.21) |

Statistical analysis using Cox regression. Results are expressed as multivariable-adjusted hazard ratios and (95% confidence interval). Significant (p<0.05) results are indicated in bold. Sensitivity 1: additionally adjusted for severity of obstructive sleep apnea; Sensitivity 2: additionally adjusted for excessive daytime sleepiness; Sensitivity 3: subjects younger than 65 excluded; Sensitivity 4: non-nappers excluded; Sensitivity 5: analyses for subjects with at least 6 h sleep duration; Sensitivity 6: additionally adjusted for depressive status.