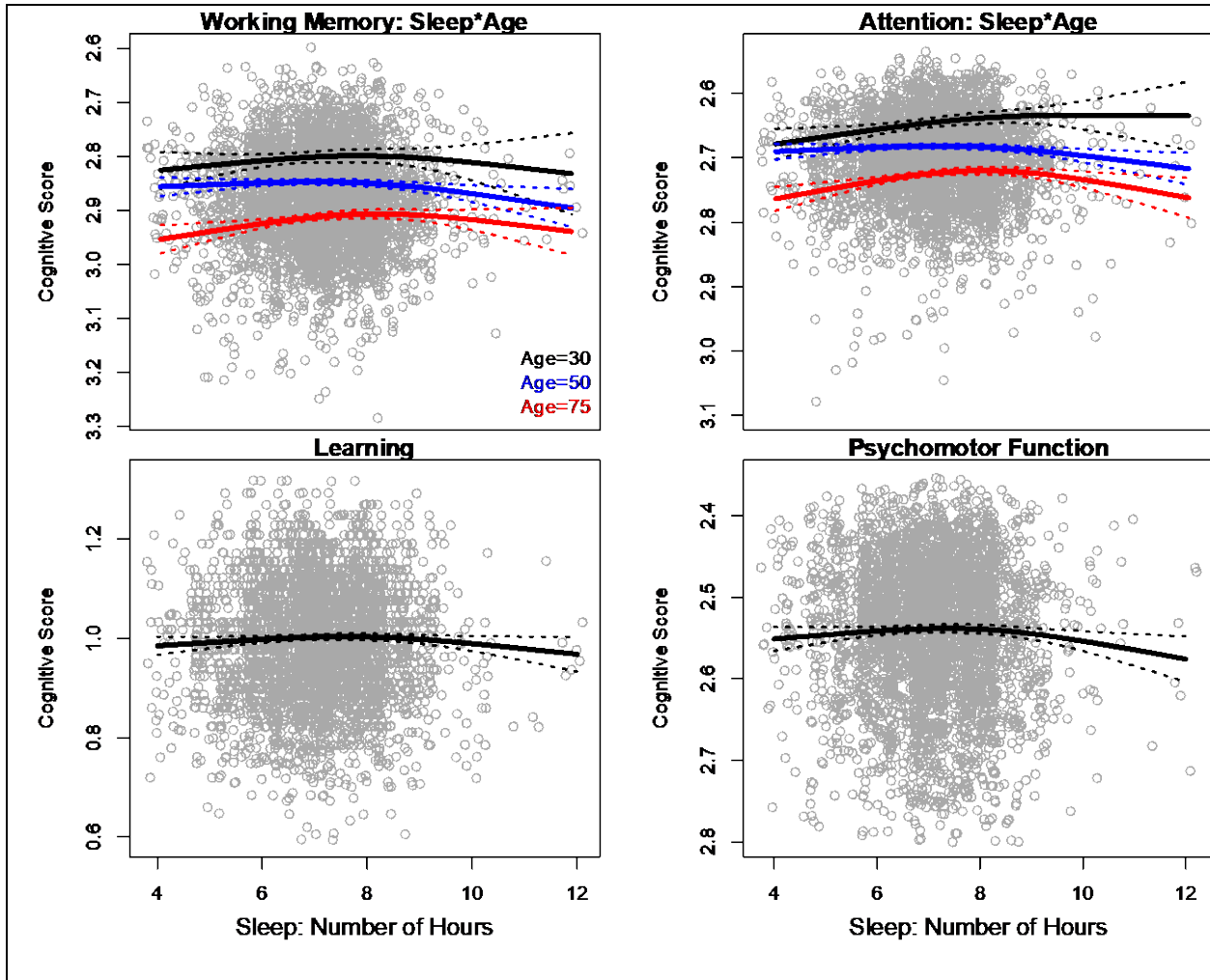
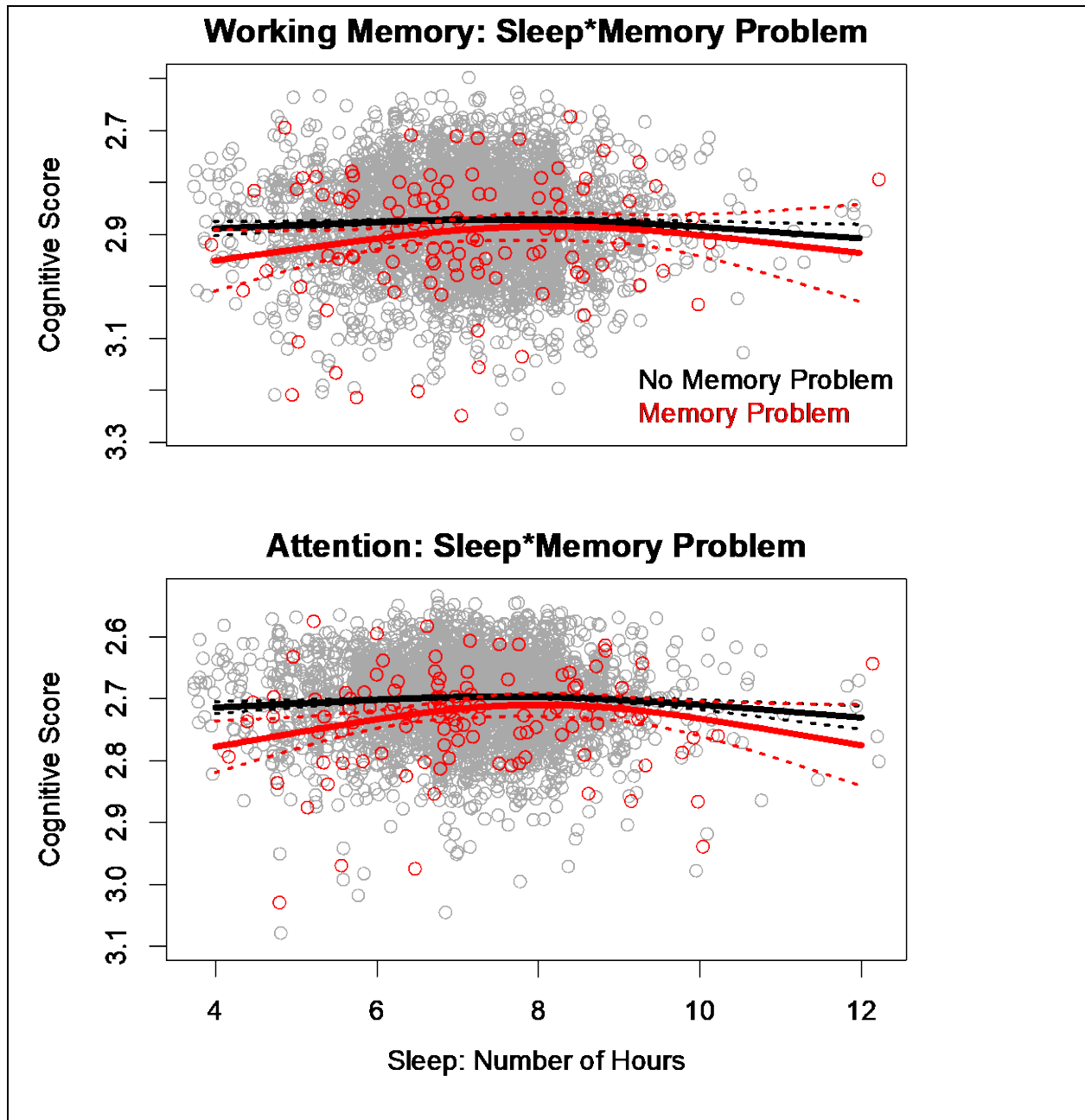


FIGURE S1: Cognitive performance and total sleep time by age excluding subjects with dementia



Age was modeled continuously, but for graphical purposes, three age groups are plotted. Solid lines indicate means and dashed lines indicate 95% confidence intervals.

FIGURE S2: Cognitive performance and total sleep time by reported personal memory problem excluding subjects with dementia



Solid lines indicate means and dashed lines indicate 95% confidence intervals.

TABLE S1: Summary of results excluding subjects under 50 years (n=3,222)

Outcome	Variable	N	F	p	$\Delta$ AIC
ONB	TST	3191	4.73	0.009	<b>-5.48</b>
	TST*age	3191	3.15	0.014	<b>-4.64</b>
	TST*PMP	3149	0.24	0.79	3.52
	TST*OMP	3149	1.81	0.16	0.37
	TST* OMC	3164	0.21	0.81	3.57
IDN	TST	3182	11.00	<0.001	<b>-17.99</b>
	TST*age	3182	5.46	<0.001	<b>-13.88</b>
	TST*PMP	3140	0.89	0.41	2.21
	TST*OMP	3140	4.74	0.009	<b>-5.51</b>
	TST* OMC	3155	0.14	0.87	3.71
OCL	TST	3222	3.95	0.02	<b>-3.92</b>
	TST*age	3222	1.72	0.14	1.1
	TST*PMP	3178	1.00	0.37	2.00
	TST*OMP	3178	0.07	0.93	3.86
	TST* OMC	3195	2.75	0.06	-1.51
DET	TST	3154	3.91	0.02	<b>-3.84</b>
	TST*age	3154	0.52	0.72	5.92
	TST*PMP	3113	0.74	0.48	2.51
	TST*OMP	3113	0.10	0.90	3.79
	TST* OMC	3127	0.24	0.78	3.51

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ONB, One-Back test of working memory; IDN, Identification Test of information processing speed (attention); OCL, One Card Learning test of visual learning and memory; DET, Detection Task of reaction time; TST, total sleep time; PMP, parent with memory problem; OMP, personal memory problem; OMC, personal memory concern; AIC, Akaike Information Criterion.