

Table S1. Comparison of National Health Interview Survey and Behavioral Risk Factor Surveillance System Samples

<u>Variable</u>	<u>Category / Units</u>	<u>NHIS</u>	<u>BRFSS</u>
Hypertension	No	70.13%	67.48%
	Yes	29.87%	32.52%
Sleep Duration	≤4 Hours	2.56%	4.31%
	5 Hours	5.91%	7.75%
	6 Hours	21.21%	23.55%
	7 Hours	30.09%	28.72%
	8 Hours	31.60%	27.64%
	9 Hours	4.52%	4.42%
	≥10 Hours	4.11%	3.61%
Age	18-24	12.69%	13.04%
	25-29	8.95%	8.09%
	30-34	8.79%	9.14%
	35-39	8.40%	7.65%
	40-44	8.87%	8.98%
	45-49	9.23%	8.01%
	50-54	9.40%	10.03%
	55-59	8.33%	8.48%
	60-64	7.61%	7.99%
	65-69	5.75%	6.00%
	70-74	4.26%	4.55%
75-79	3.25%	3.70%	
≥80	4.47%	4.33%	
Sex	Male	48.26%	48.62%
	Female	51.74%	51.38%
Race/Ethnicity	Non-Hispanic White	77.07%	78.39%
	Black/African-American	6.15%	5.59%
	Hispanic/Latino	9.69%	8.98%

	Asian/Pacific Islander	2.26%	2.00%
	Other/Multiracial	4.83%	5.05%
Employment	Employed	60.69%	55.90%
	Not Employed	39.31%	44.10%
Smoking	Never	59.87%	57.14%
	Former	21.92%	18.15%
	Current	18.21%	24.72%
Alcohol Use	Non-Drinker	35.19%	47.40%
	Drinker	59.64%	46.68%
	heavy Drinker	5.18%	5.91%
Body Mass Index	kg/m2	30.4 ± 9.8	27.7 ± 16.1

Table S2. Covariate-Adjusted Associations between Sleep Duration and Hypertension, Stratified by Age Group and Sex

Hours of Sleep	Age 18-34			Age 35-49			Age 50-64			Age 65+		
	OR	95% CI	p	OR	95% CI	p	OR	95% CI	p	OR	95% CI	p
COMPLETE SAMPLE												
≤4	2.044	(1.763, 2.371)	<0.0005	1.965	(1.758, 2.197)	<0.0005	1.678	(1.518, 1.854)	<0.0005	1.549	(1.36, 1.763)	<0.0005
5	1.757	(1.566, 1.971)	<0.0005	1.652	(1.525, 1.79)	<0.0005	1.458	(1.354, 1.57)	<0.0005	1.263	(1.153, 1.383)	<0.0005
6	1.263	(1.162, 1.372)	<0.0005	1.346	(1.272, 1.423)	<0.0005	1.205	(1.148, 1.264)	<0.0005	1.196	(1.129, 1.267)	<0.0005
8	0.874	(0.806, 0.949)	0.001	1.032	(0.975, 1.092)	0.277	1.05	(1.003, 1.099)	0.038	1.051	(1.001, 1.102)	0.044
9	0.982	(0.835, 1.154)	0.825	1.329	(1.169, 1.511)	<0.0005	1.161	(1.053, 1.281)	0.003	1.237	(1.143, 1.337)	<0.0005
≥10	1.184	(0.999, 1.402)	0.052	1.65	(1.45, 1.878)	<0.0005	1.426	(1.291, 1.576)	<0.0005	1.35	(1.247, 1.462)	<0.0005
MEN												
≤4	1.797	(1.464, 2.206)	<0.0005	1.778	(1.499, 2.11)	<0.0005	1.583	(1.366, 1.835)	<0.0005	1.245	(1.008, 1.539)	0.042
5	1.645	(1.4, 1.933)	<0.0005	1.538	(1.372, 1.725)	<0.0005	1.35	(1.209, 1.507)	<0.0005	1.268	(1.088, 1.479)	0.002
6	1.234	(1.1, 1.385)	<0.0005	1.227	(1.134, 1.327)	<0.0005	1.121	(1.046, 1.202)	0.001	1.226	(1.119, 1.345)	<0.0005
8	0.865	(0.771, 0.972)	0.014	1.009	(0.93, 1.094)	0.828	1.007	(0.942, 1.076)	0.837	1.063	(0.988, 1.144)	0.1
9	0.973	(0.783, 1.211)	0.809	1.467	(1.206, 1.784)	<0.0005	1.118	(0.965, 1.294)	0.136	1.253	(1.112, 1.411)	<0.0005
≥10	1.143	(0.882, 1.48)	0.312	1.375	(1.125, 1.681)	0.002	1.194	(1.028, 1.386)	0.02	1.38	(1.225, 1.554)	<0.0005
WOMEN												
≤4	2.384	(1.931, 2.944)	<0.0005	2.11	(1.822, 2.442)	<0.0005	1.724	(1.505, 1.976)	<0.0005	1.784	(1.515, 2.101)	<0.0005
5	1.895	(1.608, 2.233)	<0.0005	1.755	(1.57, 1.961)	<0.0005	1.517	(1.373, 1.676)	<0.0005	1.242	(1.109, 1.391)	<0.0005
6	1.3	(1.154, 1.466)	<0.0005	1.482	(1.368, 1.605)	<0.0005	1.27	(1.189, 1.357)	<0.0005	1.16	(1.077, 1.25)	<0.0005
8	0.894	(0.797, 1.001)	0.058	1.053	(0.972, 1.138)	0.206	1.095	(1.029, 1.164)	0.005	1.036	(0.972, 1.102)	0.276

		1.004)			1.141)			1.166)			1.103)	
9	1.007	(0.791, 1.282)	0.955	1.248	(1.054, 1.478)	0.01	1.212	(1.062, 1.382)	0.004	1.232	(1.11, 1.367)	<0.0005
≥10	1.247	(0.996, 1.561)	0.054	1.9	(1.603, 2.251)	<0.0005	1.649	(1.444, 1.882)	<0.0005	1.336	(1.201, 1.486)	<0.0005