

Underweight	1.14	0.42	1.85	NA			
Normal weight	1.09	0.98	1.20	0.61	0.50	0.72	
Overweight	0.92	0.84	1.01	0.62	0.52	0.72	
Obese	1.08	0.96	1.21	0.68	0.52	0.84	
Heavy alcohol use							0.22
No	1.01	0.94	1.08	0.63	0.56	0.71	
Yes	1.08	0.86	1.30	0.51	0.31	0.70	
Current smoking							0.12
No	1.02	0.95	1.09	0.60	0.53	0.68	
Yes	0.95	0.73	1.17	0.81	0.56	1.06	
Sleep difficulties							0.26
No	0.97	0.89	1.05	0.60	0.52	0.70	
Moderate	1.07	0.95	1.19	0.55	0.42	0.69	
Severe	1.06	0.94	1.19	0.71	0.57	0.84	
Number of chronic diseases							0.45
0	1.00	0.89	1.11	0.56	0.43	0.69	
1	1.04	0.94	1.14	0.64	0.53	0.75	
≥ 2	0.99	0.89	1.09	0.66	0.54	0.78	
Mental disorders							0.54
No	1.01	0.93	1.09	0.62	0.53	0.70	
Yes	1.12	0.96	1.29	0.68	0.48	0.88	
Self-reported health							0.39
Good	0.97	0.90	1.04	0.60	0.52	0.68	
Average	1.09	0.96	1.21	0.60	0.45	0.75	
Poor	1.41	0.98	1.84	0.88	0.49	1.28	
Psychological distress							0.70
No	0.99	0.92	1.07	0.62	0.55	0.70	
Yes	1.18	1.00	1.35	0.58	0.38	0.78	

¹P-value for interaction with time