

Table A1 Distribution of covariates (%) stratified by usual weekday bedtimes at age 7.

	Usual weekday bedtime at age 7						
	Before 7.30	7.30-7.59	8.00-8.29	8.30-8.59	9.00-9.29	9.30 or later	Non regular
<i>Confounders</i>							
Child age in years, mean	7.2	7.2	7.2	7.3	7.2	7.2	7.2
Interview season							
Winter	1.5	2.3	3.6	5.8	6.4	7.0	3.6
Spring	42.9	42.3	36.7	33.3	31.6	36.3	34.8
Summer	41.5	40.2	40.4	37.8	41.3	33.2	46.7
Autumn	14.1	15.2	19.4	23.2	20.7	23.6	14.9
School year, Year 2	94.5	95.6	94.6	94.0	95.9	97.8	96.1
Mother's age in years, mean	34.5	35.9	36.4	36.7	36.0	35.7	36.1
Birth order, firstborn	50.4	49.9	41.9	33.8	34.1	37.1	39.8
Languages spoken in the home							
English only	98.1	96.9	94.4	90.7	83.8	71.5	90.7
Half English, half other	1.2	2.6	4.5	7.9	13.1	16.0	7.0
Mostly other	0.7	0.5	1.1	1.5	3.2	12.5	2.3
Family income							
£52,000 or more	10.3	17.2	14.9	13.6	7.1	8.2	7.1
£31,200-£51,999	20.5	25.9	27.2	25.6	19.4	15.9	17.0
£20,800-£31,199	22.5	21.4	20.9	21.6	20.0	22.7	20.9
£10,400-£20,799	26.5	19.9	20.0	20.8	31.3	26.7	24.9
Less than £10,400	11.2	7.6	9.0	10.4	12.6	13.4	17.6
Not known	9.0	8.1	8.0	8.0	9.6	13.1	12.5
Highest parental qualification							
Higher degree	10.9	14.1	12.8	14.1	8.6	11.9	8.1
First degree/diploma	34.6	41.6	41.9	35.5	25.8	25.0	29.3

A/AS levels	17.5	16.2	15.4	15.9	19.9	12.9	16.3
GCSE grades A-C	23.9	20.6	21.3	24.2	26.5	28.9	27.4
GCSE grades D-G	6.7	3.5	4.1	4.1	7.7	4.5	6.6
Other/overseas	1.1	0.6	1.2	1.4	3.1	7.1	3.0
None	5.3	3.5	3.5	4.8	8.4	9.8	9.4
Mother's psychological distress, mean	3.2	2.9	2.9	2.9	3.1	4.0	4.1
Discipline strategies, mean	1.7	1.6	1.5	1.5	1.4	1.6	1.6
Mother often irritated with child	20.6	20.3	18.7	15.3	17.0	20.2	25.0
Mother's parenting competence, better than average	43.2	36.8	36.5	36.2	33.9	31.9	45.4
Breastfed, ever	66.2	74.6	71.1	66.1	59.9	62.3	60.5
Skips breakfast, ever	3.0	2.3	4.2	6.2	10.9	14.3	13.6
Musical activities at home, daily	42.5	38.8	36.5	37.4	35.6	30.1	36.6
Drawing/painting activities at home, daily	4.7	3.5	3.9	4.5	6.6	2.5	6.3
Helped with reading, daily	23.6	26.2	22.5	19.8	23.5	24.6	18.7
TV hours per weekday							
Less than 1 hour	22.6	23.3	20.6	15.7	13.9	20.7	16.6
1 hour to under 3 hours	62.0	65.6	65.4	67.2	66.2	60.3	59.4
3 hours or more	15.4	11.0	14.0	17.1	19.9	19.0	24.0
Computer hours per weekday							
Less than 1 hour	68.8	68.3	66.7	62.2	55.5	54.8	56.1
1 hour to under 3 hours	27.6	28.8	29.9	33.6	37.0	40.3	38.1
3 hours or more	3.6	3.0	3.5	4.3	7.6	4.9	5.8
<i>Sleep quantity</i>							
Parental employment							

Two parent households							
Both employed	46.6	56.9	55.9	55.8	45.9	40.5	46.7
Mother only	1.2	1.9	1.7	1.5	2.4	4.1	2.4
Father only	22.3	21.5	20.5	18.1	20.4	30.1	20.3
Neither	7.1	3.8	2.7	3.2	6.1	5.4	4.9
One parent households							
Employed	10.3	8.9	10.8	11.7	13.0	5.2	12.6
Not employed	12.5	7.1	8.4	9.6	12.2	14.8	13.1
Mother's view of amount of time with child, not enough	31.6	32.7	33.1	32.8	28.4	26.1	32.2
Father's view of amount of time with child, not enough	40.3	47.5	40.7	37.7	28.2	31.0	30.5
Child attends breakfast club	10.1	9.8	11.4	12.5	12.9	5.1	10.1
Child attends afterschool club	19.0	21.2	23.0	22.4	15.4	14.8	19.8
Any other childcare	31.9	29.0	31.8	36.6	37.7	34.0	40.7
Child read to, daily	50.2	55.2	49.3	42.3	33.0	40.8	36.2
Child told stories, daily	12.8	12.9	12.9	12.9	13.7	11.1	12.2
TV time rules	89.9	86.6	86.3	82.7	76.5	65.2	67.7
<i>Sleep quality</i>							
Overcrowding	8.9	4.7	6.4	8.3	14.2	18.4	12.9
Child wets bed	14.8	14.1	15.3	14.7	12.0	11.1	14.6
TV in bedroom	55.1	45.1	49.4	57.8	64.7	59.4	64.8

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Table A2. Socioeconomic characteristics (%) of study sample compared with those lost to follow-up

	lost	analysed
Family type		
Two parent	80.01	89.95
one parent	19.99	10.05
Family income		
£52,000 or more	4.866	7.755
£31,200-£51,999	10.4	19.74
£20,800-£31,199	16.03	23.54
£10,400-£20,799	30.21	28.6
Less than £10,400	29.02	14.41
Not known	9.475	5.968
Highest parental qualification		
Higher degree	5.813	8.124
First degree/diploma	27.52	42.65
A/AS levels	15.78	16.34
GCSE grades A-C	26.88	23.38
GCSE grades D-G	7.38	4.319
Other/overseas	2.603	0.9679
None	14.03	4.211
Highest parental occupational class		
Managerial & professional	16.48	26.08
Intermediate	11.29	13.58
Small employer & self employed	7.24	9.675
Low supervisory & technical	9.142	10.26
Semi-routine & routine	48.37	37.8
Refused/missing	7.475	2.61