

**Table 3.** Multivariate-adjusted\* geometric mean aMT6s (ng/mg creatinine), by category of light at night and sleep duration among 100 study participants

Characteristic	Category Definition	N <sup>†</sup>	Geometric mean aMT6s, 95% confidence interval
Light outside bedroom window	Yes	45	45.8 (39.1, 53.7)
	No	54	39.6 (33.4, 46.9)
	<i>P for difference</i>		0.228
Electronic use after lights out, weekdays	<1 hour	79	43.9 (38.69, 49.7)
	1-2 hours	18	34.7 (27.3, 44.1)
	≥3 hours	3	55.3 (43.1, 70.8)
	<i>P for trend<sup>‡</sup></i>		0.611
Electronic use after lights out, weekends	<1 hour	51	45.6 (39.2, 53.0)
	1-2 hours	41	39.7 (32.8, 48.1)
	≥3 hours	8	36.8 (27.0, 50.1)
	<i>P for trend<sup>‡</sup></i>		0.163
Sleep interrupted	Never interrupted	73	43.0 (37.8, 48.9)
	1-4 times/night without light on	21	43.1 (33.5, 55.6)
	1-4 times/night with light on	4	24.6 (14.9,40.5)
	<i>P for difference (never vs. 1-4 times/night with light on)</i>		0.032*
Light or TV on in or near bedroom overnight	Yes	22	43.7 (37.4, 51.1)
	No	78	41.9 (36.5, 48.1)
	<i>P for difference</i>		0.647
Average self-reported sleep duration, weekdays	<5 hours	3	73.4 (60.3, 89.3)
	5-6 hours	28	35.5 (27.6, 45.5)
	7-8 hours	66	44.1 (38.4, 50.7)
	≥9 hours	2	30.8 (16.0, 59.5)
	<i>P for trend<sup>‡</sup></i>		0.691

\*Adjusted for: age, gender, ethnicity, BMI, alcohol consumption (yes/no), physical activity for 4 h/wk or more (yes/no). <sup>†</sup>Actual numbers of participants in analyses may vary due to missing covariates; <sup>‡</sup>*P* trend calculated by modeling median of each category as continuous, or by modeling ordinal categories continuously.

**Table 3.** (continued from previous page) Multivariate-adjusted\* geometric mean aMT6s (ng/mg creatinine), by category of light at night and sleep duration among 100 study participants

Characteristic	Category Definition	N <sup>†</sup>	Geometric mean aMT6s, 95% confidence interval
Average self-reported sleep duration, weekends	<5 hours	3	40.9 (25.2, 66.6)
	5-6 hours	7	23.4 (12.7, 43.1)
	7-8 hours	28	44.3 (36.4, 53.9)
	9-10 hours	49	45.2 (39.1, 52.2)
	>10 hours	12	41.7 (31.5, 55.2)
	<i>P for trend</i> <sup>‡</sup>		0.121
Self-reported brightness level in bedroom, weekdays	Level 1 (wearing a mask)	0	-
	Level 2 (cannot see hands)	32	39.7 (31.5, 50.1)
	Level 3 (can see to end of bed)	24	40.8 (33.4, 49.8)
	Level 4 (can see across room)	38	44.5 (36.8, 53.7)
	Level 5 (can barely read)	3	103.9 (68.8, 156.8)
	Level 6 (can read comfortably)	3	31.3 (19.8, 49.7)
	<i>P for trend</i> <sup>‡</sup>		0.403
Self-reported brightness level in bedroom, night before collection	Level 1 (wearing a mask)	0	-
	Level 2 (cannot see hands)	30	39.0 (30.5, 49.9)
	Level 3 (can see to end of bed)	21	40.0 (32.0, 50.1)
	Level 4 (can see across room)	33	46.8 (39.3, 55.8)
	Level 5 (can barely read)	3	73.5 (41.4, 130.5)
	Level 6 (can read comfortably)	2	32.4 (26.1, 40.2)
	<i>P for trend</i> <sup>‡</sup>		0.096
Average reported bedtime, weekdays	Before 11pm	56	44.6 (38.0, 52.3)
	11pm to midnight	38	38.4 (31.8, 46.2)
	After midnight	4	41.8 (25.8, 67.7)
	<i>P for trend</i> <sup>‡</sup>		0.317
Average reported bedtime, weekends	Before 11pm	12	52.5 (42.4, 64.9)
	11pm to midnight	24	48.8 (40.8, 58.4)
	After midnight	61	38.0 (32.4, 44.5)
	<i>P for trend</i> <sup>‡</sup>		0.007
Chronotype	Definite morning type	5	50.7 (40.5, 63.4)
	More morning type than evening	18	32.4 (23.6, 44.4)
	More evening type than morning	39	45.2 (38.8, 52.8)
	Definite evening type	17	50.2 (38.7, 65.1)
	<i>P for trend</i> <sup>‡</sup>		0.157

\*Adjusted for: age, gender, ethnicity, BMI, alcohol consumption (yes/no), physical activity for 4 h/wk or more (yes/no). <sup>†</sup>Actual numbers of participants in analyses may vary due to missing covariates; <sup>‡</sup>*P* trend calculated by modeling median of each category as continuous, or by modeling ordinal categories continuously.