

Influence of DNA-Polymorphisms in Selected Circadian Clock Genes on Clock Gene Expression in Subjects from the General Population and Their Association with Sleep Duration

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SUPPLEMENTARY MATERIAL

Table S1. Association between lifestyle and clinical parameters with clock gene expression.

	CLOCK expression ($\beta \pm \text{SD}$; p-value)	PER1 expression ($\beta \pm \text{SD}$; p-value)	VRK2 expression ($\beta \pm \text{SD}$; p-value)
Age	-0.28 ± 0.02 ; 0.111	0.00 ± 0.02 ; 0.897	-0.01 ± 0.02 ; 0.587
Obesity	-0.21 ± 0.65 ; 0.748	0.21 ± 0.66 ; 0.754	-0.10 ± 0.60 ; 0.864
Diabetes	1.19 ± 1.30 ; 0.360	1.02 ± 1.30 ; 0.435	1.34 ± 1.19 ; 0.263
MedDiet	0.01 ± 0.13 ; 0.971	-0.07 ± 0.13 ; 0.570	0.05 ± 0.12 ; 0.675
Sleep duration	0.08 ± 0.35 ; 0.815	0.26 ± 0.34 ; 0.450	-0.14 ± 0.33 ; 0.676
Waketime	-0.11 ± 0.32 ; 0.724	0.17 ± 0.31 ; 0.599	-0.18 ± 0.30 ; 0.545
Smoking	-1.10 ; 0.79; 0.165	-0.26 ± 0.78 ; 0.741	-1.30 ± 0.70 ; 0.067

Values are represented as beta-values (β) and standard deviation (SD). Multivariable linear regressions adjusted for age and sex. Age, MedDiet, Sleep duration and waketime was tested as a continuous variables. Obesity, diabetes and smoking was testes as a categorical variable. MedDiet: Adherence to the Mediterranean Diet.