Figure S1. Flow chart of the study design


```
              Invited to participate
                    n = 6118
                       |
                       |-------------> Absent or parent/school refused
                       |               participation (n = 4447)
                    n = 1671
                       |
                       |-------------> No dietary data
                       |                   n = 188
                    n = 1483
                       |
                       |-------------> Implausible dietary data*
                       |                   n = 87
                    n = 1396
                       |
                       |-------------> Missing sleep data
                       |                   n = 63
              Included in the study
                    n = 1333
```
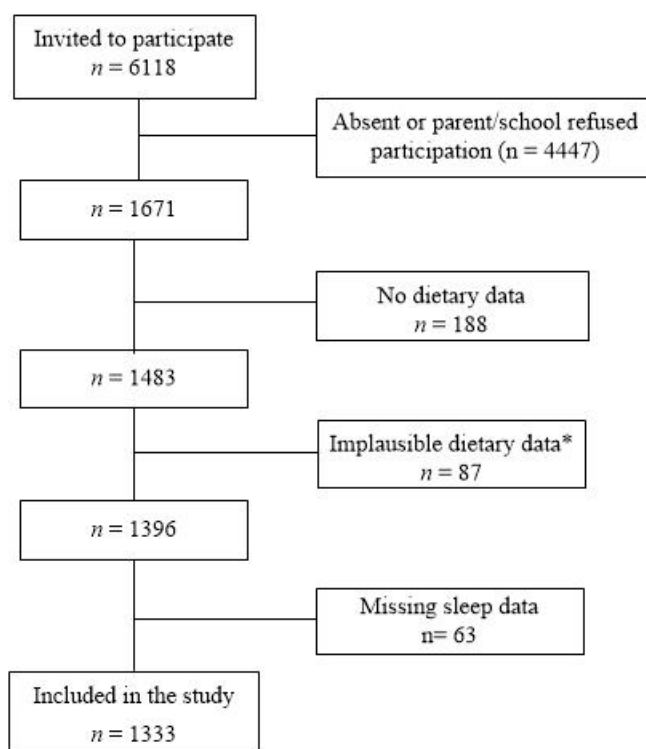
*Children and adolescents who reported less than three food items per day or consumption of a number of items greater than the mean + 3 standard deviations.

Table S1. Description of sleep variables according to the midpoint of sleep. Florianopolis, Brazil, 2018/2019.

Sleep variables	Early n=460	Intermediate n=434	Late n=439
	median (p25; p75)	median (p25; p75)	median (p25; p75)
Sleep duration (h)			
Total	**9.64 (9.08; 10.29) [a]**	**9.64 (9.11; 10.43) [c]**	**10.14 (9.29; 11.00) [a,c]**
Weekday	**9.50 (8.75; 10.00) [a]**	**9.50 (8.50; 10.50) [c]**	**10.00 (9.00; 11.00) [a,c]**
Weekend	10.00 (9.50; 11.00)	10.50 (10.00; 11.00)	10.50 (9.50; 11.00)
Bedtime (local time)			
Weekday	**21:30 (21:00; 22:00) [a,b]**	**22:00 (21:40; 22:35) [b,c]**	**23:00 (22:00; 23:30) [a,c]**
Weekend	**22:00 (22:00; 22:30) [a,b]**	**23:00 (23:00; 23:30) [b,c]**	**0:00 (23:35; 1:00) [a,c]**
Wake-up time (local time)			
Weekday	**6:40 (6:30; 7:00) [a,b]**	**7.00 (6:30; 8:30) [b,c]**	**9:00 (7:00; 10:00) [a,c]**
Weekend	**8:00 (8:00; 9:00) [a,b]**	**9:30 (9:00; 10:00) [b,c]**	**10:30 (10:00; 11:00) [a,c]**
MSFsc	**3:01 (2:38; 3:17) [a,b]**	**3:35 (3:26; 4:11) [b,c]**	**5:05 (4:38; 5:41) [a,c]**

Bold font and superscripts indicate: Kruskal-Wallis test, **a** that the first and third tertile are significantly different at 5% level; **b** that the first and second tertile are significantly different at 5% level; **c** that the second and third tertiles are significantly different at 5% level.

Table S2. Associations between the midpoint of sleep and mid-afternoon snack, lunch, and dinner. Florianopolis, Brazil, 2018/2019.

	Lunch				Mid-afternoon snack				Dinner			
	Crude OR (95% CI)	p	Adjusted[a] OR (95% CI)	p	Crude OR (95% CI)	p	Adjusted[a] OR (95% CI)	p	Crude OR (95% CI)	p	Adjusted[a] OR (95% CI)	p
Early	1.21(0.70;2.09)	0.451	1.18(0.60;2.33)	0.590	0.54(0.25;1.17)	0.104	0.50(0.22;1.15)	0.093	0.91(0.59;1.43)	0.656	0.95(0.54;1.67)	0.838
Intermediate	1	-			1				1	-		
Late	2.24(0.56;9.06)	0.223	2.68(0.57;12.67)	0.184	0.57(0.33;1.00)	0.050	0.47(0.20;1.09)	0.074	1.02(0.67;1.56)	0.912	1.25(0.89;1.76)	0.167
Gender												
Male	1	-	1	-	1	-	1	-	1	-	1	-
Female	0.94(0.43;2.08)	0.869	0.95(0.45;2.04)	0.890	**1.74(1.17;2.58)**	**0.011**	**1.57(1.00;2.45)**	**0.049**	0.78(0.43;1.41)	0.368	0.84(0.41;1.72)	0.593
Age												
7-10 years	1	-	1	-	1	-	1	-	1	-	1	-
11-14 years	1.71(0.64;4.52)	0.245	2.00(0.81;4.98)	0.119	0.92(0.51;1.67)	0.761	1.02(0.59;1.78)	0.931	1.36(0.61;3.00)	0.406	1.35(0.64;2.83)	0.386
Screen use												
never	1	-	1	-	1	-	1	-	1	-	1	-
once	1.20(0.22;6.60)	0.810	0.96(0.22;4.30)	0.958	1.19(0.72;1.96)	0.451	1.10(0.58;2.10)	0.746	0.91(0.61;1.37)	0.627	0.84(0.48;1.48)	0.509
twice	1.02(0.15;6.97)	0.980	1.02(0.13;8.11)	0.987	1.04(0.45;2.43)	0.911	1.02(0.42;2.46)	0.970	0.61(0.29;1.28)	0.168	0.62(0.35;1.11)	0.098
three times or more	0.56(0.16;1.93)	0.319	0.43(0.14;1.36)	0.131	1.18(0.69;2.01)	0.506	1.19(0.70;2.04)	0.469	1.45(0.82;2.58)	0.175	1.30(0.69;2.45)	0.370
Physical activity												
0-2 times	1	-	1	-	1	-	1	-	1	-	1	-
3-4 times	1.17(0.38;3.57)	0.760	1.22(0.38;3.90)	0.713	1.04(0.62;1.73)	0.880	0.96(0.62;1.49)	0.834	1.60(0.94;2.71)	0.076	1.43(0.74;2.76)	0.247
>=5 times	6.30(0.60;66.39)	0.111	7.48(0.57;97.85)	0.110	1.74(1.06;2.87)	0.033	1.56(1.10;2.21)	0.018	5.35(1.35;21.26)	0.022	4.78(1.25;18.20)	0.027
Type of school												
Public	1	-	1	-	1	-	1	-	1	-	1	-
Private	2.44(1.22;4.89)	0.018	2.18(0.77;6.17)	0.123	1.23(0.95;1.59)	0.107	1.33(0.82;2.16)	0.213	1.61(0.95;2.74)	0.073	1.23(0.57;2.82)	0.586
Maternal education, years of schooling												
0-8	1	-	1	-	1	-	1	-	1	-	1	-
9-11	2.37(1.03;5.43)	0.043	2.19(1.07;4.50)	0.036	1.85(0.85;4.04)	0.107	1.62(0.88;2.96)	0.107	0.70(0.48;1.01)	0.054	0.66(0.52;0.84)	0.004
≥12	3.50(1.37;8.90)	0.014	2.40(0.52;11.22)	0.230	1.23(0.78;1.92)	0.329	0.86(0.39;1.90)	0.669	1.25(0.79;1.98)	0.297	1.04(0.54;2.01)	0.901
Day of the food intake report												
Weekend	1	-	1	-	1	-	1	-	1	-	1	-
Weekday	0.48(0.09;2.59)	0.347	0.25(0.04;1.43)	0.106	1.98(0.95;4.13)	0.063	2.02(0.99;4.13)	0.053	1.28(0.68;2;38)	0.399	0.92(0.42;2.02)	0.824
Weight status												
Non-overweight	1	-	1	-	1	-	1	-	1	-	1	-
Overweight	0.85(0.41;1.73)	0.609	0.96(0.47;1.97)	0.907	0.44(0.30;0.68)	0.002	0.44(0.28;0.69)	0.003	0.84(0.36;1.91)	0.635	0.87(0.35;2.15)	0.731
Total sleep duration (h)	0.85 (0.47;1.57)	0.572	0.86(0.48;1.52)	0.560	1.20(0.95;1.53)	0.113	1.27(1.01;1.59)	0.039	0.84 (0.56;1.26)	0.361	0.88(0.61;1.27)	0.456