

**Supplementary table 1.** Cause-specific mortality by sleep duration (hours/night).

Sleep duration (hours/night)	N	Mean age (SD)	Median age and age distribution	Median age and age distribution of deaths	Cause of death			
					Cardiovascular disease, n (%)	Cancer, n (%)	Suicide, n (%)	Other, n (%)
Total	39,139	50.5 (15.7)	51.9 (18-94)	81.6 (21-104)	2,254 (5.8)	2,654 (6.8)	66 (0.2)	1,763 (4.5)
<5	1238	57.6 (17.1)	61.8 (18-90)	84.2 (41-102)	173 (14)	145 (12)	5 (0.4)	134 (11)
5	1980	53.2 (15.8)	55.0 (18-93)	83.7 (25-99)	166 (8.4)	124 (6.3)	3 (0.2)	126 (6.4)
6	9181	50.4 (15.1)	51.6 (18-92)	81.0 (21-102)	476 (5.2)	563 (6.1)	17 (0.2)	398 (4.3)
7	16879	49.6 (14.9)	50.9 (18-91)	80.5 (23-103)	786 (4.7)	1,062 (6.3)	23 (0.1)	609 (3.6)
8	8980	50.6 (16.8)	52.7 (18-94)	81.7 (23-104)	562 (6.3)	683 (7.6)	15 (0.2)	438 (4.9)
9-	881	51.3 (18.8)	55.8 (18-93)	83.4 (31-100)	91 (10)	77 (8.7)	3 (0.3)	58 (6.6)