### Supplementary Table 2: Summary statistics of the single-nucleotide polymorphisms associated with sleep duration and outcomes

| SNP      | Beta     | SE     | P value | Beta     | SE     | P value | Beta     | SE     | P value | Beta     | SE     | P value | Beta     | SE     | P value |
|----------|----------|--------|---------|----------|--------|---------|----------|--------|---------|----------|--------|---------|----------|--------|---------|
| rs12567114 | 0.036    | 0.007  | 4.10E-09 | -0.0091  | 0.00206 | 5.10E-05 | 0.00144  | 0.00735 | 0.86     | -0.0008  | 0.0084  | 5.60E-01 | -0.0008  | 0.0084  | 5.60E-01 |
| rs7534398  | 0.047    | 0.012  | 2.10E-08 | -0.0039  | 0.00229 | 5.00E-01 | -0.0078  | 0.00819 | 0.37     | -0.0133  | 0.011  | 2.24E-01 | -0.0421  | 0.01  | 2.39E-05 |
| rs10068371 | 0.01      | 0.009   | 7.20E-01 | 0.002     | 0.00102 | 3.20E-03 | -0.0133  | 0.011  | 2.24E-01 | 0.0021   | 0.0031  | 5.00E-06 | 0.0055   | 0.0032  | 1.30E-01 |

*rs10068371 was used as a proxy for rs4585442 among all outcomes, while rs11236879 was used as a proxy for rs10899257 among fasting glucose, fasting insulin and HbA1c. No proxy SNP was found for rs1380703 among eBMD.