

Supplementary: Table S1 Lifestyle characteristics and dietary intake of MHO and MUO within each gender

Characteristics	Men (n=173)		P value	Women (n=126)		P value
	MHO	MUO		MHO	MUO	
	(n=37)	(n=42)		(n=136)	(n=84)	
	Mean ± SE	Mean ± SE		Mean ± SE	Mean ± SE	
Sleep traits						
Sleep duration workdays (hour)	6.1 ± 0.2	6.1 ± 0.2	0.970	6.2 ± 0.1	6.3 ± 0.1	0.473
Sleep duration free days (hour)	6.2 ± 0.2	6.3 ± 0.2	0.816	6.9 ± 0.1	6.7 ± 0.1	0.306
MSW (local time)	02:38 ± 0:42	02:38 ± 0:39	0.277	02:25 ± 0:47	02:31 ± 0:41	0.398
MSF (local time)	03:08 ± 0:58	03:02 ± 0:59	0.453	02:49 ± 1:01	02:55 ± 0:54	0.722
Social jetlag (minute)	28.3 ± 6.1	28.4 ± 5.7	0.991	34.8 ± 3.0	26.9 ± 3.8	0.110
Physical activity						
MET	2869.7 ± 513.9	1747.0 ± 480.5	0.125	1754.9 ± 282.1	2851.0 ± 359.7	0.020*
Night eating syndrome						
Score	9.6 ± 0.8	10.3 ± 0.7	0.565	10.4 ± 0.4	10.7 ± 0.6	0.669
Total dietary intakes						
Energy intake (kcal/day)	2063 ± 89	2116 ± 83	0.670	1730 ± 35	1818 ± 45	0.128
Energy intake (kcal/kg BW)	23.4 ± 1.1	23.3 ± 1.0	0.917	22.9 ± 0.5	23.7 ± 0.6	0.293
CHO (g/day)	256.6 ± 12.9	267.7 ± 12.1	0.546	209.2 ± 4.8	219.8 ± 6.2	0.189
% E from CHO	49.6 ± 1.0	49.9 ± 0.9	0.848	48.6 ± 0.6	47.8 ± 0.8	0.441
Protein (g/day)	76.5 ± 2.9	74.7 ± 2.8	0.664	66.7 ± 1.4	69.4 ± 1.8	0.230
% E from protein	15.0 ± 0.5	14.6 ± 0.5	0.531	15.6 ± 0.2	15.4 ± 0.3	0.635
Fat (g/day)	81.2 ± 3.8	82.9 ± 3.5	0.739	69.6 ± 1.8	73.5 ± 2.3	0.189
% E from fat	35.4 ± 0.7	35.5 ± 0.7	0.901	35.8 ± 0.5	36.2 ± 0.6	0.654
Meal timing						
First mealtime (local time)	08:33 ± 1:14	08:05 ± 0:50	0.292	08:31 ± 0:45	08:27 ± 0:46	0.375
Last mealtime (local time)	21:02 ± 1:37	20:17 ± 1:25	0.183	20:35 ± 1:29	20:27 ± 1:29	0.357
Midpoint of eating (local time)	14:48 ± 1:11	14:12 ± 0:52	0.135	14:33 ± 0:51	14:25 ± 0:54	0.205
Elapse time between last meal and sleep onset (hour)	2.8 ± 0.3	3.4 ± 0.3	0.160	2.8 ± 0.1	3.1 ± 0.2	0.262
Total eating window (hour)	12.5 ± 0.3	12.2 ± 0.3	0.552	12.1 ± 0.1	12.0 ± 0.2	0.745

*Significant $p < 0.05$ using ANCOVA test adjusted to age, and BMI. Abbreviations: MHO, metabolically healthy obesity; MUO, metabolically unhealthy obesity; SE, standard error; BW, body weight; CHO, carbohydrate; % E, percentage energy; MSW, midpoint of sleep on work days; MSF, midpoint of sleep on free days; MET, metabolic equivalent