



SUPPLEMENTARY MATERIAL

Table S1. Movement behaviours MANOVA between Scottish and South African cohorts.

Variables	Scottish	South African	P value
SB (min/day)	604	551	0.020
LPA (min/day)	288	312	<0.001
MVPA (min/day)	20	6	<0.001
Nocturnal TiB (min/day)	523	569	<0.001

Time use composition data are reported as compositional means (mins/day). Movement behaviours have been normalised to 1440 minutes. Abbreviations: SB, sedentary behaviour. LPA, light physical activity. MVPA, moderate-to-vigorous physical activity. TiB, time-in-bed. Results of Multivariate Analysis of Variance (MANOVA) of differences in time spent in sedentary behaviours, light physical activity, moderate-to-vigorous physical activity, and sleep between Scottish and South African groups, analysed using CoDa approach.

Table S2. Pittsburgh Sleep Quality Index sub-components results for Scottish and South African cohorts.

Variables		Scottish cohort (n=150)	South African cohort (n=138)	P value
Sleep efficiency (n, %)	0, no difficulty	52 (34.7)	73 (52.9)	0.002
	1, fairly good	34 (22.7)	25 (18.1)	
	2, fairly bad	40 (26.7)	16 (11.6)	
	3, severe difficulty	24 (16)	24 (17.4)	
Subjective sleep quality (n, %)	0, no difficulty	30 (20)	30 (21.7)	0.301
	1, fairly good	77 (51.3)	72 (52.2)	
	2, fairly bad	37 (24.7)	23 (16.7)	
	3, severe difficulty	6 (4)	10 (7.2)	
Sleep disturbances (n, %)	0, no difficulty	3 (2)	0	<0.001
	1, fairly good	114 (76)	48 (34.8)	
	2, fairly bad	31 (20.7)	73 (52.9)	
	3, severe difficulty	2 (1.3)	17 (12.3)	
Use of medication (n, %)	0, no difficulty	63 (42)	89 (64.5)	<0.001
	1, fairly good	82 (54.7)	2 (1.4)	
	2, fairly bad	5 (3.3)	18 (13)	
	3, severe difficulty	0	29 (21)	
Daytime dysfunction (n, %)	0, no difficulty	63 (42)	22 (15.9)	<0.001
	1, fairly good	82 (54.7)	53 (38.4)	
	2, fairly bad	5 (3.3)	53 (38.4)	
	3, severe difficulty	0	10 (7.2)	
Sleep latency (n, %)	0, no difficulty	37 (24.7)	33 (23.9)	<0.001
	1, fairly good	59 (39.3)	25 (18.1)	
	2, fairly bad	35 (23.3)	39 (28.3)	
	3, severe difficulty	19 (12.7)	41 (29.7)	

Results for sleep sub-components are reported as total number and percentage. Kruskal–Wallis test was used to determine differences in frequency of each variable between Scottish and South African cohort.